

Our Energetic Evolution in Healing



The Secrets to Surviving the Unseen Forces That are Killing You

KAREN Y.
MILESON

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That are Killing You

BY KAREN Y. MILESON

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List of Illustrations is Appendix B, page 371.

Publisher's Cataloging-In-Publication Data

(Prepared by The Donohue Group, Inc.)

Mileson, Karen Y.

Our energetic evolution in healing : the secrets to surviving the unseen forces that are killing you / by Karen Y. Mileson.

p. : ill. ; cm.

Foreword by Roy Martina.

Includes bibliographical references and index.

ISBN: 0-9774171-0-7

1. Energy—Therapeutic use. 2. Electromagnetic fields—Health aspects.
3. Mind and body therapies. 4. Self-care, Health. 5. Alternative medicine.
6. Detoxification (Health) I. Martina, Roy. II. Title.

RZ999 .M55 2005

615.8/51

SAN 257-4462

Energetics Research Publishing

(Division of Energetics International, Inc.)

P. O. Box 17056

Snowmass Village, CO 81615

Cover illustration and design by Jeffrey K. Bedrick, <http://jeffreymbedrick.com>.

Interior illustrations by Barbara C. Thomason, M.F.A.

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Cover Art Concept: The concept for my book cover was based on a dream I had about 20 years ago. It happened soon after I consciously began my spiritual journey. In my dream I saw a bright, beautiful ball of light. I didn't know what it was but I did know that I wanted it. I instantly pulled it into my heart center. To me that ball of light represents the Light of God, which I was then ready to receive and is now illuminating my spiritual path and growth. The lotus flower is the flower of the crown chakra — the chakra of consciousness, transcendence and enlightenment. To me both the ball of light and the lotus flower represent my spiritual evolution. – Karen Mileson

Dedication

This book as well as the Energems is dedicated to Don, my late husband.

His taking “the hit” for me has been the primary force driving my production of this book and the development of the Energems.

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Table of Contents

Foreword	xi
Acknowledgments	xiii
Introduction	xv

Part I: Our Illnesses and Energetic Evolution

I-1	First the Illnesses	3
I-2	October 1994 through November 1996 – The Calm Before the Second Storm	21
I-3	December 1996 – The Healing Storm	28
I-4	The Evolution of Don's Illness	60
I-5	The Evolution of Our Mission	69

Part II: Our Energetic Evolution

II-1	Intention and Goals of this Life Evolving	
	Energetics System	79
	Respect Others and Spiritual Laws	84
	How Best to Utilize This Energetic Process	85
	Results	87
	Desire to Learn Testing and/or Healing	
	Methods	87
	Precaution During Testing	87
II-2	Testing Methods	89
	Reasons to Test and Basic Methods	
	You Can Learn	89
	Self-Testing	91
	My Preferred Testing Method	94
	Surrogate Testing	96
	Switching	97
	Test Form	99
	Testing Weaknesses	99
	The Evolution of My Testing Procedures	99

II-3	Testing Procedures	102
	Use of Test Vials	102
	Useful Testing Kits/Vials to Acquire	103
	Testing Organs Using Vials	105
	Therapy Localization (TL)	106
	Intox Vials for Prioritizing Key Toxins	110
	Testing Layers	118
	Patterns and Causal Chains	119
	Organ Relationships	120
	Using Organ Vials to Determine the	
	Causal Chain	121
	Alternative Simpler Process	124
	Using Acupuncture Points to Determine	
	Causal Chain	124
	Basic Baseline Testing Using Charts	
	and Vials	125
	Testing Frequency	126
	Testing Location	126
	Reverse Testing	127
	Testing the Front of the Body Versus	
	the Back of the Body	128
	Conscious Recognition and Focusing	129
	Always Go to the Source	129
	Make Statements to Determine	
	Cause/Source	130
	Cross-Testing for Correlation	132
II-4	Basic Charts, Testing Methods and Suggestions	134
	Nutrient Testing Using Vials	134
	Nutrient Testing Using Points	137
	Nutrients for Specific Areas	140
	Testing Suggestions for Nutrients	141
	Products I Like	143
	Tasting Supplements	145
	Testing Foods and Water	145
	Soy Products	146
	Cross-Testing Foods to Organs	146
	Most Beneficial Foods	148
	Most Beneficial Water	148
	Strengthening Food Categories	149
	Diet	150

	Testing Other Items	151
	Testing Coils	152
	Testing Chakras	153
	Acupuncture Meridian Alarm Points	158
	Behavioral Kinesiology Testing	161
	Control Measurement Points	164
	Acupuncture Allergy Points	165
II-5	Emotions	170
	Testing Emotions	170
	Organs and Related Emotions	173
	Earliest Recollection	173
	Male and Female Sides of the Body	175
	Past Life Correlations	176
	The Ileocecal Valve (ICV)	176
	Those Damn Males Again	179
	Foods	179
	Recognition	179
	Voicing	182
	Testing and Making Statements	183
	The Chakras and Emotions	183
	Emotional Well-Being	186
	The Advantage of Clearing Emotions	187
	Other's Emotions	188
	Release of Emotions from the Body	189
	Anger	189
	A Covert Emotion Solution	190
	Emotional Causation and its Seemingly	
	Unrelated Physical Symptoms	191
	God's Perspective	195
II-6	Advanced Testing	196
	What's Happening Under the Feet?	196
	Specific Things That Can Send Us	
	Backwards	199
	How to Test Under the Feet	201
	Core and Scavenger Toxins	205
	Core (Dead) Toxins	205
	Scavenger (Live) Toxins	205
	Overload of Scavenger Toxins	208
	How to Test Under the Hands and	
	the Side of the Head	209

Jaw Points and Teeth	210
A Brief Re-Look at my Dental History and Conclusions	213
Man-made Materials	219
What I Do Now	219
Recap	220
Planes of Consciousness	220
Primary Characteristics of the Lower Planes	223
Testing of Each Plane	223
Interferences	224
How to Test for Interference	225
Potential Sources of Interference	226
An Example of Programming and Mind Control	229
Conclusion	233
The Cleansing and Healing Process	233
Testing Blocked Areas	238
Immune System Testing	239
Life Force Testing	239
Testing for Drains on Your Life Force	240
Testing Electromagnetic, Geopathic and Atmospathic Stresses	240
Neutralizing EMF, Geopathic, Atmospathic and Other Sources of Stresses	241
Cross-Testing EMF, Geopathic and Atmospathic Stresses	242
Accurate Testing	242
How to Test Your Home or Office	243
Other Ways to Test Energems	245
How to Test Cell Phones	246
II-7 Energetic Life Force Aphorisms	248
Energetic Life Force Aphorisms Versus Affirmations	249
How to “Fix” Affirmations	249
Example of Affirmation	249
Frequency	250
Making Your Own LFAs	250
How to Negate any LFA	251
Specific Use LFAs	251
Affirmation-Type LFAs	253

Grounding LFA	254
Moving Forward LFA	254
Earth Energy LFA	255
Primary Cleansing Energetic LFA	256
The Breakdown	257
Modification to the Primary LFA	258
Other Modifications	259
LFA Results	260

Part III: Geopathic Stress and the Evolution of the Energems

III-1 The Evolving Uses for the	
Energems=Energized Gems	265
New Toxins	268
How I Test for These Toxins	269
Initial Product Testing	270
Purpose of the Energems	271
Initial Product Evolution	271
New Atmospathic Toxins	272
Current Energem Products	273
Energem-E&T – Electrical&Telephone	
Neutralizer	273
Energem-F+ – Food+ Purifier	275
Use of Microwave Ovens and	
Distilled Water	276
Energem-P – Personal Protector	277
Energem-A – Animals	278
Energem-C – Car	279
Energem-G – Gasoline Engines	280
Energem-X – Elixir	280
Enerdiscs	280
Sun Enerdisc – Sun Energizer Essence	281
Scavenger Enerdisc – Scavenger	
Release Essence	281
Enercleanse Enerdisc – Enercleanse	
Essence	281
Enertox Enerdisc – Enertox Essence	281
Energizer Enerdisc – Energizer Essence	281
Water Enerdisc – Water Energizer	
Essence	281

Placement of Enerdiscs	282
Use of Gems/Crystals	282
Current Research	282
Suspected Sources of Toxins	283
The Power of the Energems	286
Summary	291
III-2 Geopathic Stress	292
Research Relating Geomagnetism to Illness	294
Reversed Blood Polarity from	
Geopathic Stress	298
Types and Sources of Geopathic Stress	298
Ley Lines, Overgrounds and	
Power Points	299
Grid Lines	301
Geopathic Stress and Our Health	303
Altered Brainwave Patterns	314
Geopathic Testing in Toxic Areas	314
Geopathic Stress and the Energems	317
Double Grid Toxins	321
The Expanded Curry Grid	322
Effects of Geopathic Stresses on Our	
Vegetation and Food	323
Other Indications of Geopathic Stress	325
Source of the Expanded Curry Grid	325
Curry Grid Toxins	331
Curry Grid and Emotions	332
Geopathic Emotional Earth-Link	
(GEEL) Miasms	334
How to Test for and Clear the	
GEEL Miasms	335
III-3 Recap	340
III-4 Epilogue	342
Endnotes	347
Glossary	356
Appendix A: Resource Guide	362
Appendix B: List of Illustrations	371
Appendix C: Letter from Dr. Michael A. Baylin	373
Appendix D: E-Letter	374
Index	375
Test Form	395
Order Form	401

Foreword

Dear Reader,

It is my pleasure to write this foreword. I have been practicing medicine for 30 years and have dedicated my life to researching alternative ways of healing and prevention. At first this was to serve my own needs as I have suffered since birth from a series of diseases that, according to regular medicine, are not related. These include ADHD (in my time it was called Minimal Brain Damage), allergies, sinusitis, eczema, arthritis, Lyme's disease, appendicitis, chronic fatigue, hypertension, hypoglycemia, migraines, asthmatic bronchitis, juvenile gingivitis, nightmares, whiplash and dandruff.

I had my share of karma, if you want to see it that way, from early childhood until I started to search for my own answers. By the time I had become a medical doctor, I was already disillusioned with regular medicine as I found no answers to my own suffering. After one year of seeing an average of 70 patients a day, I knew this was not my path. In the meantime I discovered that acupuncture was the only thing that cured my whiplash from a car accident. So I decided to follow that trail into what I now call the Jungle of Alternative Medicine, where there are many possibilities but no guide.

In my search for answers, I studied everything that crossed my path: acupuncture, homeopathy, orthomolecular medicine, Reiki, Flower Essence Therapy, aromatherapy, Qi-Gong, reflexology, crystal therapy, herbal therapy, nutritional therapy, alternative cancer therapies and many more workshops than I can remember. I studied with some of the known leaders in the field from Germany, China, Korea, England, America, Netherlands, France etc. I dedicated 15 years of my life to the study of these methods. I found many answers but not

one perfect way to cure and heal everyone. What I started to see were the missing links in the different systems and the dogmatism of many practitioners and methods. Over the years, I combined many of these therapies and now use the most effective parts of all.

The reason I am mentioning all of this is that the book you have in your hands could have, in a way, been written by me. Karen had a parallel search into many modalities to cure her own illnesses. She dedicated many years of her life studying and researching the many alternative methods available. She has done a great job that I support fully. This book can help millions worldwide to heal themselves and give them the basic knowledge they need to take back the responsibility for their own healing. Doctors do the best they can with the knowledge they have. If you have the right information you can lend a hand or heal yourself.

I have written more than 40 books on healing and I have learned a lot by reading this book of Karen's; that says something of her search and insights. I recommend it for patients who are looking for answers, for health practitioners who are searching for more practical ways to support the healing of their patients, and for anyone who is interested in staying healthy. Read it once and then study it and take notes. This is a book that you probably should read four times or more to get all its benefits.

I wish you well and I hope that this book is a blessed source for many who are still suffering

Roy Martina, M.D.

Author, Specialist in Preventive Medicine

Acknowledgements

I am thankful to all the practitioners listed in my bio who I learned from over the past 35 years. Not listed are the dowzers who have primarily by word of mouth and single-handedly kept alive the knowledge of the harmful effects of geopathic stress. I am grateful for having been able to build upon their knowledge, and invite others to expand and build upon my research.

There are many people who helped me in many different ways, some when Don, my husband, was first sick and later when I was sick. They all gave of themselves without asking for anything in return.

Suzin Stockton was very giving of her time to pre-edit as well as her knowledge and contacts for self-publication.

The two gorgeous color paintings inside and the chapter icon were painted by my good friend Renae Taylor. We spent many hours over lunches in Carbondale, Colorado, where she was helping to turn my thoughts into beautiful manifestations of art.

Anna, now Annamaria, my former housekeeper in Virginia and good friend, was there to take me to appointments and clean, shop and cook for me when I was not able.

Michael A. Baylin, D.D.S., his wife and staff helped to keep me functioning, sane, and from getting any weaker until I finally called my sister, Barbara, who flew out to finish my packing and move me to Colorado.

Beverly was and always is there to listen — to my fears and thoughts when I was sick as well as my venting when things don't go the way I want them to go. She was my primary supporter and “cheerleader” as well as a research guinea pig during my development of the Energems and then the writing of this book.

My godson Warner and his parents, D. Marie and Stan, literally flew to my rescue when Don was sick and later when I was sick. They gave up their family time together to be with us whenever we needed any help. There is no way that I could ever repay them for going beyond our friendship to becoming more a family. Stan and Warner's taking over basic household chores gave Don and me very precious time together during his last weeks.

"Rose," guided me almost daily for years. Her laser-like insight helped to uncover my core problems, many which she then taught me to resolve.

And lastly, my biggest supporter, Don. Throughout our life together he supported me mentally, financially and most importantly emotionally, and encouraged me to pursue my interests in alternative healing and any other paths without either knowing where it would lead or if it would ever be productive. I suspect he is still guiding me!

Introduction

This book has been written as a recollection of my personal experiences — written so that some of the thoughts, ideas, processes and therapies that helped me may be helpful to you in your search. I ask that it be used as a guide — not as specific step-by-step instructions to be followed. If you have any medical conditions, it is essential and it is your responsibility to be under a doctor's care.

I have written about some of my own personal spiritual and healing beliefs. My spiritual training was very important for me as a foundation to hold onto for dear life and also spring from in my searches.

I do know that my survival depended upon this strong spiritual foundation. It is not my intention to interfere with your belief system, just to let you know how mine was an immense help to me.

This book has been written for both professionals and nonprofessionals who are ready to take more responsibility for their own well-being. It is divided into three parts.

Part I is my own history of how and why I got to where I am now, as well as what I learned along the way.

Part II illustrates different testing methods which anyone can learn to better monitor their progress and determine what is best for their own body. The testing methods can be studied and utilized in easy stages. It is not necessary to learn many of the testing procedures to be able to understand and utilize the information in this book. Also in Part II is my new research into Energetics — how to use natural energies and methods for our own healing. My Life Evolving Energetics System is introduced, including specific Life Force Aphorisms that simply and easily teach your body to cleanse and heal itself at very deep levels. Also learn ways to shift your energy flow so that toxic unseen forces do not enter your body.

Part III delves into my cutting-edge research as well as others' research into the effects on our body from electromagnetic, microwave and geopathic stresses. It also introduces a way to neutralize these potentially life-threatening energies.

I eventually learned that my sometimes very painful experiences were also a gift to me. Part of that gift is to be able to turn these experiences into something useful — my gift to you — so that you can learn from my experiences.



"Blossoming Into
Our Evolving Consciousness"

This painting as well as the black and white icon of the blossoming lotus flower at the beginning of each chapter was done for this book by my friend Renae Taylor. To me this painting symbolizes our opening up to spiritual awakening to know our true purpose on earth — enlightenment that blossoms into our evolving consciousness.

Lotus flowers are considered sacred by many Buddhists and are a symbol of some Eastern religions just as the rose is to Christianity. The lotus and the rose have been used as very high vibrational flower essences to assist spiritual evolvment and healing on all levels.

To different cultures the lotus flower represents spiritual enlightenment, purity, birth, abundance, creative power, and fruitfulness because of its many seeds, and has been referred to as the flower of open-heartedness.

Some primitive cultures also thought the lotus sacred and a symbol of resurrection and immortality. Ancient Egyptians used it in ceremonies and funerals and placed it on tombs so that the deceased could “blossom” again like the reopening lotus. Chinese botanists believed it symbolized transcendence of time because of its ability to both flower and bear fruit at the same time.

PART I

OUR ILLNESSES AND ENERGETIC EVOLUTION

Chapter I-1

First the Illnesses



I had already been to the emergency room twice. The first time was just before midnight on December 30, 1996, when I was twitching so much I was afraid that I was having a mild seizure. I was given medication to take, and sent home.

I had already had a CT scan of the head, a chest X-ray, a neurological exam, and lots of blood work. All were normal. I was very relieved, but had no idea why I was having these symptoms.

The following week I had an EEG, which indicated that the twitching was not from seizures. Later, the neurologist speculated that it could be the start of multiple sclerosis (MS). This concerned me very much and I requested an MRI of my head, which I had in mid-January. I suspected I might be claustrophobic so I found a so-called “open MRI.” When I went in for the MRI, I realized I was **very** claustrophobic. This MRI had an opening at the bottom end, but still seemed very closed to me, especially since my head had to fit into a helmet. The results of the MRI were also negative. Again I felt a huge

6 ● Our Energetic Evolution in Healing

relief — except now I had been through all of the normal medical testing and still I did not have a clue, much less an answer.

At that point, I began searching on my own. I knew something was wrong and that it wasn't just "in my head." I was reading *The Merck Manual of Diagnosis and Therapy* to get any clue as to what was going on. My neurologist (who had also been my husband's neurologist two and one-half years prior) apparently got tired of my calls and never called back again, maybe because he didn't have a clue either. His only recommendation and prescription was to take muscle relaxers, which I never took.

Nine months later there I was, lying in a bed, not even my own bed, alone and afraid of what might be happening to me. It had taken me this long to find out why I had made the decision to move out of my own bed — why I felt better sleeping in a different room in my home. Now I was lying in this Murphy bed, my legs twitching and jerking, and I was petrified that I was not going to be able to walk when this bout was over.

Four years prior to this, my husband Don & I were living happily ever after. We had been best friends for over 26 years. We had designed and built a passive solar home in a wooded area in northern Virginia just outside of Washington, D. C. For many years I had wanted to live in the Rockies but Don needed to be near Washington for his work as an engineer, which he loved. We balanced this by purchasing a studio apartment in Snowmass, Colorado, our favorite ski resort. Skiing was and still is my passion — my feeling of freedom. We usually spent Thanksgiving to Christmas in Snowmass and then went back for three weeks of spring skiing in February/March.

On the first run of our second day of skiing on February 22, 1993 (my brother's birthday), an out-of-control skier ran into my husband. He saw my husband, didn't know what to do, so lowered his shoulder in order to protect himself, and rammed him full force. Looking back, that was the beginning of the end. With a fractured vertebra in the

lower spine and a fractured left lower leg, Don was physically never the same.

We were addressing this nutritionally, as well as doing energetic work to speed up and enhance the healing of his bones. Together with the appropriate hospital care and full body cast, his bones healed much better and faster than ever expected, and without the surgery that the doctors had anticipated. But his immune system, which was not monitored, was never the same. I believe that the healing from this accident took all of his energy and allowed other forces to weaken his immune system.

We did have one more ski trip to Snowmass together. This was nine months after the ski accident. His muscles were not as strong as they had been and of course his doctors had told him to never ski again. He came to Snowmass with me not knowing whether he would actually ski. Of course he did and skied as well as ever. He still had some lingering symptoms, but felt comfortable skiing. I was the one who was a nervous wreck and would ski right behind him, yelling at anybody that came close. He never heard me yelling and very much enjoyed the trip.

We quite often had friends or family meet us on our December trips. This year our chiropractor joined us again, and brought her pre-teenage daughter. It's very comforting to be skiing with one's chiropractor. We had every confidence that whatever we did she could put back together again.

Don did have one new symptom that began shortly before our final ski trip that November. He had commented about a quivering feeling in his throat on occasion. It did not appear during our vacation. However, it reappeared after we got home and became slightly visible to me in January.

In mid-January he went to California for a few days on business. I talked to him almost every day and he sounded fine. He didn't tell me otherwise, knowing that I would insist he come home immediately, or else I would be on the next flight out. I spent our time on the phone

8 ● Our Energetic Evolution in Healing

telling him about all the things in our home that were suddenly falling apart. We had had trouble from the very beginning with our new pellet stove. The day after he left, it literally went up in smoke, filling the house with smoke in the process. (That stove was fixed nine months later, only to break down again in two years, at the same time I became very ill.) Also the week that Don was gone, our doorbell system decided to ring nonstop. Of course I was in the shower when it happened. It could have been worse. It could have been at 3:00 a.m. By the time I figured out how and where to stop the thing, I needed another shower.

Don loved that doorbell because he had programmed it to play “Hail to the Redskins.” I was most impressed with his musical abilities, which he had kept to himself until then. I was also surprised that someone who wasted no time and spent much of his day working would spend two hours doing this, especially since hardly anybody ever came to our front door — our friends usually came in the side entrance. The Redskins must have been having a great season.

These things happening to the house were a reflection of what was happening to my husband’s health. When he returned home at the end of the week he was a totally different man from the one who had left on Monday. When the “quivering” in his throat increased, I insisted on taking him to the emergency room. He didn’t argue. This quivering was the beginning of seizures, the first visible manifestation of what we eventually found out were two brain tumors that had metastasized from an undetected tumor in his left kidney. This was the beginning of our new journey together — very much together. — WE had cancer and were damned well going to cure it. We had always done everything together and nothing was going to change now.

We both began to do a lot of research — reading and phone calls. We had already learned a lot about alternative healing. Don had even visited one of the cancer clinics in Tijuana about twenty years before. His whole family on both sides had eventually gotten cancer. His mother died at a very young age. He was only about 11 when she died. His father died from bladder cancer at about age 60, and his sister

died from lung cancer in her early 50s. His mother's sister, who took over raising him & his sister, survived breast cancer, and lived a very happy and productive life, playing golf daily into her 90s.

Don had researched cancer therapies when he was healthy because of his family history and also because he felt helpless when close friends were diagnosed with cancer and he wanted to help them. With his diagnosis of cancer, the research began again. He made his own decisions about what therapies he wanted and what clinics he would go to. He knew that he would leave the U.S. for his therapy. He knew that doctors in the U.S. still did not have the freedom to practice the type of alternative therapies that he was seeking (and most did not have the knowledge, desire, or experience).

Two days after his diagnosis we were off to Tijuana. He wanted to see the same doctor that he had visited twenty years before when he was healthy. The doctor and his two sons now had a much larger live-in clinic combined with a small hospital.

At this point my husband's genius brain was barely functioning — something that was very difficult for either of us to witness. After the first day of treatment, his brain was 90% better. That helped our spirits and our quality of life immensely. We never knew which of the therapies that he received was the most beneficial for his brain: the intravenous (IV) Laetrile (vitamin B17), IV minerals and vitamin C, or the low dosage radiation to his head. But we were very encouraged. Our plan was to stay for three weeks so that he could receive these and other therapies.

Use of IV Laetrile was one of the main reasons that he chose to go to Mexico. He became familiar with it during his first trip to Mexico years earlier. Laetrile contains amygdalin, which is found in many common foods. It is the bitter taste in the seeds of most fruits, and is especially high in apricots, as well as the large seeds from peaches, nectarines, and cherries. Apricot kernels are available in bulk in some health food stores. According to Richard Walters in his book *Options: The Alternative Cancer Therapy Book*,¹ "The Chinese used fruit-kernel

preparations against tumors some 2,000 years ago. Ancient Greek, Roman, and Arabic physicians also used amygdalin to treat tumors.”

Although the Laetrile did not cure his cancer, it could well have been the reason why he *never* had any pain, so never needed any mind-numbing pain medication. Laetrile is also used in clinics outside of the U.S. specifically for nontoxic pain relief. (See Part III for a connection between Laetrile/amygdalin and geopathic stress.)

After consultation with the doctor in charge, the one he had met many years previously, he decided to have his kidney removed there in Tijuana. As soon as the ten low-dose radiation treatments were complete, he underwent surgery. I was invited to observe the surgery, but declined. I was too nervous and stood just outside the operating room listening and watching for what little bits of information I could get.

The other American patients and families at the clinic were very supportive. (We continued contact with several after our return home.) From them, I was cautioned about potential problems following his surgery. Don had the utmost confidence in his surgeon, but not in the supporting staff members. I was able to stay with him in his hospital room. The first night I laid down for only minutes at a time and kept my shoes on, ready to jump when necessary. For his well-being, it was essential to “stand guard.” I had to make sure everything was running smoothly and that he got what he needed. On the second night, I took my shoes off.

The surgery had gone very well — considering it was major surgery. Instead of the surgeon cutting into his back as is the usual procedure for removal of a kidney, he cut from Don’s chest to his lower abdomen so that he could check all the other organs, looking for tumors. None were found. As soon as Don woke up from the surgery he kept telling me that something felt wrong, like his insides had been torn out, which was close to what had happened. By the next morning, he was back to being himself. He was up and walking within 24 hours. We went home a week later.

During the beginning of our stay, we were pleasantly surprised by a visit from his two adult daughters — one from North Carolina and the other from Hawaii. Since Don was so much stronger after the first treatment, this gave them a much more pleasant time together. This was to be their last visit before he became bedridden eight months later.

One man who we met at the clinic was there for his annual checkup. He had prostate cancer, which he stated was not yet cured, but was under control. He learned about Laetrile as a young man when he used to smuggle it across the border to U.S. cancer patients who had no other way to acquire it. Little did he know at that time how much that knowledge would help him.

An ex-patient we met, an elderly woman, was there on her birthday. She was a cancer survivor — cured at this clinic 25-30 years prior. She visited every year on her birthday — not for treatment — but to go out to lunch with her doctor to celebrate.

Also while at the clinic we met an American woman who volunteered to assist the patients in any way that she could, especially the Americans that made up about 80-90% of the patients. We arranged for her to drive us from the clinic to a San Diego hotel on our way home. During the drive back, she told us her story. She was working part-time at the clinic out of gratitude to the doctors there, and also to be of assistance to the cancer patients. She had lived in Tijuana for a while, but was now living near San Diego, and commuting several times a week.

Years earlier one of her young daughters was diagnosed with cancer. The daughter was receiving standard medical treatment in the U.S., including chemotherapy, as well as alternative treatments in this clinic in Mexico. She was progressing well until a very high dose of chemotherapy was administered in the U.S. — an adult dosage. This was too much for her small body to handle and she died — not from the disease, but from the “cure.”

The woman also stated that at the time of her daughter's illness, they lived near high-tension lines and she had always wondered if they had had a detrimental affect on her daughter's health. At the time I suspected that it did, but never made the connection to the problems we were having with our own home. The sources of our problems were not yet visible to us.

Don progressed and experienced the expected ups and downs following major surgery. We were doing other modalities as well as continuing the regimen started in Mexico. One of the major therapies that he wanted to begin as soon as we returned home was the use of a "Frequency Generator" (FG) instrument. This therapy was developed by a medical scientist named Royal Raymond Rife (1888-1971) in California. He conducted research on disease-causing microbes for cancer as well as other diseases. His revolutionary invention, the "Universal Microscope," was far superior to any other at that time, and allowed him to observe live specimens. By observing these live specimens through his microscope, he was able to determine what frequency would explode and destroy each specific microbe. He referred to these frequencies as Mortal Oscillatory Rates (MORs). He produced these MORs with frequency instruments which he designed and developed.

In the 1930s, Rife conducted research in which his frequency therapy reportedly cured cancer in 14 of 16 terminally ill patients. He and his medical doctor colleagues went on to cure many other diseases/conditions such as polio, tuberculosis, typhus, and cataracts by using his frequency therapy. Much of Rife's work and its subsequent destruction by the U.S. medical establishment has been documented by Barry Lynes in his book *The Cancer Cure That Worked: Fifty Years of Suppression*.²

A few years before his illness and after having read Lynes' book, Don decided to visit John Crane in San Diego. Mr. Crane had been an engineer with Rife, and had spent several years in prison as a result of his work with Rife. Don brought home a small, square "Cosmic

Polarizer” that Crane had recommended using to improve the quality of food and supplements placed upon it.

The square wave FG that we used to treat Don’s cancer was a standard, off-the-shelf engineering model. Metal plate electrodes had been added to convert it into a treatment unit. Don had purchased the unit soon after one of his two visits to Crane, prior to his illness.

Don used the 2127 Hz frequency, which Rife discovered to be effective for curing cancer. Since he did not want to trigger any seizures, he would use the machine for only 30-90 seconds at a time, and only every three days. Rife’s suggested protocol to treat cancer was three minutes every three days. Don would take his anti-seizure medication before the Rife-type treatments. Even 30 seconds would initiate some quivering in his throat, but never any seizures. The 30-90 seconds was all he could tolerate at a time. The following days were utilized in cleansing the toxic debris from his body resulting from the treatments. In hindsight we should have risked his having a seizure and treated the full three minutes in order to destroy as many cancer cells as possible.

I had used the FG on myself many times for head and face pain. Even though it was not a medical-type FG unit, sometimes within a few minutes I got much relief and increased energy. Some of the then current experts on Rife-type units stated that this type of engineering machine would not provide any useful benefits. That was not the case in my experiences.

During Don’s illness I tried to purchase a “real” FG, but to no avail. At that time, all of the companies in the U.S. who had built and sold units had been closed down by the U.S. government. The only machine I could find was in Mexico and required a visit to obtain and receive training with the unit. So we continued with the unit that we had. It may not have worked as well as those specifically designed for treating humans, but from my previous experiences it did produce some beneficial results.

Fortunately, now there are several very sophisticated Rife-type machines available in the U.S., although I have not tested any of them myself. They can be found in numerous magazines and on the Internet. Information is also available in Walters' book *Options: The Alternative Cancer Therapy Book*.³

Don was feeling much better and had even started working at home. In late May of 1994 he had just completed his tenth Rife-type treatment. He believed that if he were still functioning relatively well after the tenth treatment, he would survive. His older daughter had just called and he told her how well he was doing and how hopeful we were at this moment. It quite often seemed that soon after we were so hopeful, something else would happen to change that. It got to the point that we were afraid to get excited about any of his improvements. This was no exception. After his conversation with his daughter, we went out for a short walk.

Our northern Virginia property was gorgeous in the spring. I had planted close to a thousand bulbs and many azaleas and other shrubs, flowers, and flowering trees. Being in the country, our property was full of many varieties of wild flowers in the spring — especially the area down by Goose Creek would be covered with Virginia bluebells. I have since seen the Colorado version — Alpine bluebells. We quite often went out to enjoy the flowers and get some sun and fresh air. I usually took the camera to take pictures of him with the flowers. He sent some of these off to friends and family so that they could see how well he was progressing and what he looked like since losing his hair from the radiation treatments he received while in Mexico.

This particular day he had wanted me to take a picture of Crane's Cosmic Polarizer that I had put on the electrical box outside. My testing indicated that placement of this polarizer neutralized the toxicity of the electricity coming into our home. He had recently talked to Crane and mentioned to him my research with the use of the Cosmic Polarizer. I had found through my own testing that the Cosmic Polarizer worked better using it on the reverse side than Crane's instructions

recommended. (I will go into great detail in parts II and III regarding my testing techniques.) So Don offered to send him some pictures showing exactly how we were using it. Little did I know that this was the beginning of our work together “fixing” toxic electrical systems.

The electrical box was in an area overgrown with weeds. He went over to clean off the top and slipped on the wet, grassy hill — falling and rolling down the small hill. We were both petrified. Of course he told me to take the picture, which I did. He got up before I could get to him. He could walk OK. We were both very afraid it would trigger a seizure. It did not, but something else had happened. From that instant, his speech and movements were never the same and his body was much weaker. It was as though he had had a stroke.

While I was moving towards him, I saw a long snakeskin on the ground. I had often wondered what that meant. Recently while watching Bill Moyer interviewing Joseph Campbell on PBS TV, I heard Mr. Campbell talking about how the snake sheds its skin to live again. Perhaps this was another “sign” that Don was soon to shed his skin — his physical body, to live again — but on a higher plane than now.

It was only minutes later while walking back to the house that day that I heard a loud voice say to me, “We have to take him.” My internal response was — “The hell you will.” I never told him that or about the dream I had a few months later. I had been paying attention to my dreams for many years and we began talking about our dreams every morning searching for clues and guidance as to what action to take. I kept asking for the outcome of all this. When I got it, I did my best to ignore it. In the dream, we were seated in a courtroom with a well-known alternative health doctor as our representative, and were given a piece of paper from the judge that stated, “Don had 30 days to live.” This was about 40 days before he died.

It seemed as though the more powerful the therapies we used, the more powerful the force to not only neutralize them, but also to weaken him — like it was meant to be. We still would not accept that!

After his fall, the doctors attributed all of his immediate changes to progression of the two brain tumors rather than a different cause, such as the possibility of a stroke. Why would the tumors do this at the same exact time that he fell? It didn't make sense. He did get another CT scan, which always triggered a seizure — probably from the iodine in the IV contrast material. One tumor was the same size and the other was smaller. The doctors still did not pay any attention to his changes, so we left the country again in order for him to receive a treatment that he had previously been considering. He was interested in it because of its ability to cure cancer as well as repair genes.

We spent six weeks in a clinic in Germany. We had both read about a substance called Carnivora and had high hopes that it would help him. Carnivora is an immune system enhancer made from Venus Fly Trap. A German oncologist discovered it while working in the Boston area, but soon decided it would be best to return to Germany to produce and utilize it. This clinic in Germany provided many different therapies, but they were all centered around Carnivora. Don received IV treatment five to six days per week in this live-in, hotel-type clinic. The doctor had treated and cured one other patient who had had kidney cancer, a relatively rare type of cancer. He showed us the X-rays of tumors that had metastasized from a kidney to the lungs and had been eliminated with the use of Carnivora. The doctor believed that he could also cure Don's cancer. When Don heard that I saw the tears in his eyes — again, we were very hopeful.

When we first arrived at the German clinic, we were the only non-Germans there. The Germans were very pleasant, caring and helpful, but the atmosphere in the treatment room was quite different from Tijuana. The Americans in Tijuana appeared to have a much more positive outlook than the Germans and seemed to be a closer-knit group, showing their sense of humor and emotions more openly.

Before we left for Germany I had had a dream that warned me of danger. It was very vague and I believed from the dream that I was the one in danger.

After about three weeks of treatment Don seemed to be getting slightly better. The doctor believed that his seizures may not have been a result of the cancer and was searching for other possibilities. Because of this he ordered a complete endocrine hormone blood work-up. Before these results were received, the doctor prescribed an adrenal hormone. Initially it was given to him orally and one of the doctors told me it was never used intravenously.

Don's walking seemed more unsteady, but I did not correlate it with this drug. Within a few days he was given the hormone as an IV. I was usually with him while he was getting his treatments, but this morning I was out running errands. The IV hormone triggered a reaction so severe it almost killed him. That evening I was alone with Don in this clinic/hotel doing my best to keep him comfortable while he was having seizures and unable to walk. The young doctor on call that night never answered his phone. It was the next morning before the doctors saw Don. All they could do was wait to see if he could recover. After this setback, his hope was diminishing and he just wanted to be home. As soon as he was able to walk a short distance, we came back home to Virginia to continue the treatments that had been beneficial.

Our corner room in Germany had a balcony overlooking a beautiful evergreen tree with open fields beyond. We quite often watched the black squirrels building their nests in that tree. There were also a number of birds in the area. There were two particular birds that we enjoyed watching fly past our balcony many times each day. These two were always in single file — one following the other. About the middle of our trip we saw these birds zoom around our corner, again in single file. But this time they both flew directly into the concrete wall on our balcony. One dropped to the floor of the balcony and died instantly. The other dropped into one of the chairs. We thought it was dead also. Don took one of our homeopathic rescue remedies like he had done many times at home and went out on the balcony and put a few drops onto the bird's head. It immediately stood up. Within seconds it was flying off again, sadly this time by itself. I often look back at that as

one more indication of what was to come — including my being stunned, having received Don's loving help, and then moving forward by myself.

Six years later in Colorado in October 2000, within a few days of the sixth anniversary of Don's death, I was attending my monthly satsang (spiritual class). Normally there are three to five of us in attendance. This time there were only two. The other attendee was a woman whose husband had died from cancer while in his 20s, soon after the birth of their only child. During our lesson, we both noticed birds flying *just* outside of the window that I was facing. We had never seen birds anywhere around before. At the end of the satsang, I told her the story of the two birds in Germany. We both felt honored to have Spirit communicating to us in such a beautiful way.

Don was so happy to be home. While in Germany, he was not sure that he would ever be home again — at least alive. Soon after our return we had to go out to get groceries and pick up essential supplies. Don would sit in the car while I went inside. At this point, he was having trouble even sitting up in the car. While I was walking inside the grocery store I asked my spiritual master to be with him and watch out for him. I was inside only about 10 minutes. When I was walking back to the car I saw that Don was reaching for the ignition switch and was having a lot of trouble. After I got in he said that he was trying to turn on the ignition so that he could lower the window. He was not able to do that. My heart sank whenever I saw him trying to do something simple that his brain couldn't figure out how to do anymore.

I made a few more stops before going home. Later that day Don told me that something unusual had happened when I was in the grocery store. He said that he felt someone's presence in the back seat right behind him. He said that the doors were locked and he knew no one had opened a door, but he also knew that someone was with him and stayed with him while I finished our errands. I was so happy to hear this. I told him I suspected that it was my spiritual master and he agreed. Not only did my spiritual master hear me and stay with Don,

but he also made sure that Don was aware that he was with him — that Don was not alone. This was one of many very significant spiritual awakenings for Don.

Our home had been closed up for six weeks in the middle of the summer while we were in Germany, and we returned to find a dirty, moldy filter in the air conditioner. This dirty, non-functioning air conditioner filter was another symbol of Don's non-functioning, now surgically removed, body filter — his left kidney. Both of these non-functioning filters in their own way caused his seizures.

In the first two days home, he had five seizures. When I changed the filter, his frequent seizures stopped. The pattern had been that my husband would sometimes go two to three weeks without having a seizure. They were usually not severe, but were emotionally devastating to both of us. They were a reminder of what was happening and gave us a total sense of helplessness. There is no doubt in my mind that the toxins from that dirty filter triggered his sudden increase in seizures.

I was with him during almost all of his seizures. I always gave him a homeopathic rescue-type remedy during the seizure in the hopes that it would shorten it. When I remembered and was able, I also sang HU (pronounced like the name Hugh) to him during his seizures. I can't say that it shortened the seizures, but it did help us both in many ways. HU is a very high vibrational name for God; when sung it is an ancient love song to God. Though it should not be directed at any individual, its sound can have a significant beneficial influence.

After our return home from Germany, Don was not getting any better. I knew that he was so much better when I was with him during his seizures. But it was getting very difficult for me to take care of him by myself. Both of his daughters came to see him and helped when they could. My sister had offered to come from Arizona to help. She had helped with my father when he had cancer.

My best friends — D. Marie and her husband Stan in Ohio, had also offered to help. D. had asked me if I would ask her for help if I needed it. I said that I didn't know. I asked. She stayed home with

their five boys while Stan came to Virginia. He was a huge help and support for me as well as Don. They had spent a lot of time at our home, so he knew his way around. He took over cooking and shopping which allowed me to spend all my time with Don, which is where I wanted to be. It was getting very difficult for me to get Don down the stairs and outside, but together Stan and I were able to do that. It was very important for Don to be able to get out of bed, to go outside, and to be able to sit at our dining room table to eat. Stan was looking for a house to rent — to move his family back to Virginia so that he could continue to help me with Don. He had moved to Ohio to help his mother soon after his father had died. After he had been with us for two weeks I knew that he needed to see his family. So I suggested his oldest son, Warner — our godson — come out to help, which he did. He was only 11, but was familiar with the type of foods we ate, juicing, and the kind of therapies Don was continuing, so he could help better than many adults.

In times like these, you really learn who your friends are. I don't know what I would have done without their help. Neither Don nor I wanted strangers in our home helping us. They will never know how important their help was to both of us.

In the days after Warner's 12th birthday and Don's 72nd birthday (they were born about 12 hours apart, 60 years apart), Don rapidly got worse. Exactly one week after Don's birthday, he died. On this day, seven years before, my father had also died of cancer.

Don had been asleep all day. I told him and God that day — and I don't remember if it was to myself or if I talked out loud — that if he had to go, it was time for me to release him. Don was too weak to fight anymore. I had been the only one still fighting. We had always been very close, and were even closer after the skiing accident. Now we were the closest we had ever been. And we were about to be physically separated. What I didn't realize at the time was that I was not fighting his death, because there really is no death. **I was fighting our separation.**

Chapter I-2

October 1994 through November 1996: The Calm Before the Second Storm



After Don's funeral my mother, sister, & Warner returned home. Stan came back for two weeks to help me get the house and grounds in shape. I was so far behind that I just jumped in and started working all day and most of the night. I didn't know what else to do and the work needed to be done. For the first few weeks I talked to D. late every evening, just to have someone to talk to about Don. I didn't spend much time grieving. I think that was a mistake. I believe I suppressed too much about the loss of Don. I also think I would have been much better off physically and emotionally if I had just holed up for a couple of weeks and cried & screamed all day instead of immediately getting back to work.

Don & I had talked about moving to Colorado after he retired. He wanted to go back to work until he was strong enough to undertake this move. We had been in our Virginia home for 12 years and were very settled in. But I still wanted to move, and felt that I would be better emotionally and financially if I moved out of our dream home

that we had designed and built together. I immediately started cleaning the place before putting it on the market.

The property was so nice that I thought it would sell quickly. So I wanted to find my new home — at least the general location, before selling. My first trip was to Spokane and Northern Idaho. I wanted property near water and had heard a lot about the many lakes in these areas.

Dana, one of my sister's daughters, lives in Spokane where the nearest airport was, and offered to let me stay with her and show me around. She also loves to ski so I planned the trip for mid-January 1995. I spent a week there skiing, sightseeing & looking at property. I wanted to build again. During one of my drives in Idaho, as I was turning straight north to go to Sandpoint, I realized instantly that I needed to go south — way south. I didn't know where exactly, but not in Idaho. Why couldn't that have happened before leaving home? I was being guided to find my new home and needed to trust that nudge I was just given, instead of my brain. But I did enjoy seeing my niece and her two daughters, as well as meeting her boyfriend — now her husband.

The following month I had a trip planned to Colorado. I was going to drive around and look for land there. My main criteria were: water and alpine property, views, less than an hour from a major ski area, affordable, and a nice town nearby with a health food store.

I settled on property on an alpine lake near Steamboat Springs. After seeing pictures of the lake in the summertime, nothing less was attractive. My plan was to live in my studio apartment in Snowmass while building my new home. My second offer on the property was accepted, so I was now comfortable in selling my house. I had remembered traveling through Steamboat when I was a child. Everybody talked about how dangerous Rabbit Ears Pass was, even in the summer time. The new property is about two miles from the pass and it is still dangerous, but very beautiful. My aunt, uncle and cousin, whom I had traveled with when I was a child, had loved Steamboat Springs so

much that we had stopped to spend the rest of the day there. It was summertime and the chairlift was operating. That was my first chairlift ride. I loved it — and still do. I remember that my cousin was so nervous that I had to take off my jacket so that he could use it to cover his head.

I went back to Virginia and put the house on the market. I also planned my next trip to Colorado for the summer so that I could meet with builders and architects, as well as see the lake and what the land looked like without several feet of snow covering it. This I did in August 1995, less than a year after my husband's death.

My house still hadn't sold but Don had been a pack rat, so I had plenty of work still to do. I eventually hired an architect for the new house and started working on the design. These activities kept me focused on the future and my new life.

This included a trip to Switzerland in October 1996 to remove our personal belongings from our studio apartment in Verbier. My sister jumped at the chance to come along. She had never been to Switzerland and I hadn't for many years, so we had a great time. She and her daughter Dana have a knack — at least when we are together — to bring either rain or snow along with them. This was no exception. Although we didn't see the sun until the last few days, we still very much enjoyed the trip. We also cleaned out the storage unit and rearranged all the furniture. The studio had been on the market for two and a half years. It eventually sold during the spring 1998 and closed in 1999, with a few loose ends still to be worked out in 2001.

Don and I both became interested in alternative healing back in the late 1960s. He had worked with someone, also a consultant, who told him stories of how he had cured himself of many ailments with natural substances like high doses of vitamin C. Because of Don's family history of cancer he became very interested in alternative approaches. I became interested also, even though I was living on coffee, donuts, and cigarettes. If I had known then that I would eliminate them soon, I would have enjoyed them even more.

Over the years I became more and more interested in anything related to alternative health. I eventually quit my full-time job and worked part-time as a research assistant for a wonderful nutritional and alternative-oriented M.D. who lived a short distance from me. He gave me the opportunity to travel to many parts of the country to attend seminars and visit other clinics on his behalf. The knowledge and insight that I received from him and his wife during this short period of time is still guiding me.

After the doctor's death I continued part-time work for other doctors, and spent much of my time attending seminars and learning. I was exposed to what I felt were the most powerful healing methods. I loved the combination of using Applied Kinesiology (AK) with homeopathy. I soon learned the Vega BioKinesiology (VBK) method, which combines Vega testing with muscle testing.

The Vega system was developed as an offshoot of electroacupuncture by the late German physician and dentist Helmut W. Schimmel. He referred to his system by the name "Vegetative-Reflex-Test" (VRT) and suggested a better name to be used in the U.S. — the "Autonomous Reflex Test" (ART). "Vega" actually refers to the German company that manufactures the instruments that are used for this testing. Both terms as well as "Vega" are used interchangeably, although "Vega" is the more widely used term in the U.S.

The Vega system can be performed with a machine or adapted to VBK by using AK, which I had been using for many years. Applied Kinesiology is a muscle testing technique that uses a muscle's strength or weakness as an indicator, which then can be used for many purposes. When combined with the Vega test vials, which are comprised of a homeopathic remedy(s) designed to ask the body a specific question, it allows the practitioner to determine whether that vial is producing a reaction or not, based on the indication given by the muscle's strength or weakness. If it is reactive, whatever that specific vial represents indicates the direction for further testing or treatment. For example, "Intox I" is the test to find the key toxin present. The test is usually

done on a strong muscle. If the muscle is weakened by Intox I, that indicates that there is, in fact, a key toxin present in the body. Then that weak muscle is used with the Intox I vial to test to see what toxin/substance strengthens the muscle. That would identify the key toxin. Then other vials would be introduced to test for the level of effectiveness, and then the body's ability to "well tolerate" the "effective" substance.

There are vials that represent specific organs, minerals, vitamins, key toxins, toxicity levels and stress levels, miasms, etc. These vials are then used to test what energies would be the most effective and tolerated healing methods — be they herbs, flower essences, foods, homeopathy, colors, thoughts, minerals, vitamins, etc.

The Vega system also utilizes a test kit of vials for testing for a disturbance or interference from electromagnetic stress and geopathic stress from grid lines and other sources in the earth itself, such as underground streams, fault lines, mineral deposits, cavities in the earth, etc. Geopathic stress is a naturally occurring energy in the earth that when concentrated in homes is toxic to humans and some animals. Electromagnetic stress is a toxic disturbance from man-made electrical systems or devices.

Two of the primary sets of naturally occurring grid lines of energy emanating from the earth are the Hartmann Grid and the Curry Grid (or Net). The Hartmann Grid forms a rectangular pattern and runs north to south and east to west. The Curry Grid runs diagonally to the Hartmann grid. Where these grids cross is referred to as Double Grid (DG) and is considered to be particularly detrimental to our health.

Living in an area where these grid lines exist, especially where they cross, can be very toxic to the body. Dr. Hans Nieper, the late German physician, scientist, and author of *Dr. Nieper's Revolution in Technology, Medicine, and Society*,⁴ stated that in his research that at least 92% of all of his cancer patients had been exposed to geopathic stress for long periods of time.

I became more interested in learning about the toxicity from the electrical systems and began expanding my testing of devices designed to neutralize these energies. In the spring of 1996 it became apparent that the devices that I had been using, which had previously been effective for neutralizing these electromagnetic interferences, were no longer working sufficiently. Because the interferences at my Virginia home were so disruptive, I began to do more research to develop a better solution myself. I am continuing that research to the present time. I have now developed and am continually testing energetic solutions that are effective, very well tolerated, and beneficial. Many of my friends and nutritional clients began using these devices, which I (with the help from my friend Beverly) later called ENERGEMS — for Energized Gems. I electronically transfer the neutralizing frequencies into crystals or gems. One Energem placed within the electrical circuit neutralizes the electromagnetic as well as all of the other negative energies from the entire electrical system throughout the entire home. As I will outline later, the same Energem can also be used to neutralize geopathic stress, lightning protection systems, microwaves (including microwave ovens), and what I have coined “electrically transmitted and atmospathic toxins.” (“Atmospathic” will be described later. Also see Glossary.)

I realize now that this work was beginning when my husband was still alive. I believe that it is very significant that the day he fell and I heard “we have to take him,” we were working together on these electrical system problems. I have been told that Don is still working with me now on this problem —just from a different plane of consciousness, where he can be the most useful. Of course my first thought is, “Screw the work, I want him here with me!”

At this point in my life, I was feeling OK and things were slowly moving forward. I kept remembering a dream that I had had in January 1996. What I felt this dream was telling me was that if I didn’t clean up the problems in my mouth, I could end up with Multiple Sclerosis (MS).

I had had jaw/dental problems since the early 1970s and had read about the potential dangers of root canals; I had had one over 20 years earlier. I also had pain in my left lower jaw for over 20 years even though I had had a problem tooth extracted 10 years before, with the hope of addressing this. I had a very knowledgeable dentist in Virginia and decided it was time to consult him about correcting my dental problems before I moved. Since he did not do this type of work, he referred me to someone else — the dentist who had pulled the tooth 10 years prior.

I saw him for an evaluation and set up an appointment for “cavitation” surgery. A cavitation is a hole in the jawbone. They usually contain disease-producing toxins. Mine were severe enough to be detected by X-ray, but many are only detected with ultrasound. Energetic indications of cavitations can be tested for using AK. The cavitation was the cause of the pain in the lower left jaw. This cavitation site included where the tooth had been extracted as well as adjoining areas where there had not been any extractions.

Cavitation surgery is the process of drilling out dead or infected bone in a cavitation site. Many dentists today remove the periodontal ligament and drill out this bone just after an extraction as standard operating procedure. This process prevents the “cavitation” from occurring and is fast, cheap, and easy to do at that time.

About two and one-half months later I went back and had the root canal tooth extracted, which included the above procedure of removing the periodontal ligament.

I now believed that my dental work was complete with my health intact. Little did I know that these dental procedures may have initiated a cleansing which could have been a catalyst for what was about to begin.

Chapter I-3

December 1996 – The Healing Storm



The first indication of any new health problems began in mid-December 1996, just over two years after Don's death, when I woke up with my lower lip quivering slightly. This lasted 15-20 minutes. I had felt something similar for a few seconds within the previous few days. I did not pay too much attention to it until it happened a number of times. It was very insignificant, but a sign of what was to come.

This seemed to occur when I was in bed. It would be another nine months before I would learn why my bedroom was so toxic. My symptoms increased daily. I was becoming very concerned. My husband's first symptoms had begun as a quivering in his throat. Within a few days, I had a quivering in my lip that had spread to a warm sensation in the mouth and chin area, shakiness & quivering in my hands & lower arms, a tightness in my throat, and twitching in the left side of my face. I was becoming very concerned — almost scared. Was this the beginning of seizures? If so, did that mean that I had a brain tumor like he did? How could I go through by myself what I saw

my husband go through? I couldn't do it alone. I didn't want anybody to have to take care of me. Yes, I was *very* scared.

There were two “signs” that appeared during this first week, both of them when I had just turned on the TV. It was as if I turned on the TV to block out what I was afraid was happening. One time I had turned the TV on to The Oprah Winfrey show. What I saw on the screen was “Get Help.” I instantly knew to pay attention to this. The second time, again, I had just turned on the TV and saw someone demonstrating a Tai Chi movement. I saw its name: “Passing Cloud.” I held on to this one for a long time. There were many times I wondered if this dark “cloud” was moving at all.

After seeing “Get Help,” I called my husband's neurologist and asked him for a CT Scan, chest X-ray (because of previously high radon levels in our home), and full blood work up. I don't think he was used to people calling him and asking for tests, but after I described my symptoms and my concerns, he agreed. I called the hospital and scheduled the tests. They were on December 24. Because of the holidays, my appointment with the neurologist was not scheduled for about three weeks. However, I wanted to know the results right away. I had tried to get the results faxed to me. When I didn't get my fax by late afternoon, I called the radiology department. They were reluctant about giving the results to me before the doctor saw them. I guess they wanted to give me an early Christmas present, which they did. They faxed the two radiology reports — both negative — no visible tumors.

My first thought was, “Thank you God!” My second thought was — if this isn't caused by a brain tumor, then what is the cause? Something has to be causing these symptoms. They don't just start for no reason. When I finally saw the neurologist he assumed that his staff had informed me of all of the test results, which they had not. He did say that the blood work was fine. The Erythrocyte Sedimentation Rate (measuring the settling of red blood cells) was high, which he said indicated a mild infection. I later read that research

was conducted in Europe that measured sedimentation rates in both geopathic and neutral areas.⁵ The geopathic area showed different results than the neutral area. I deduced that my high sedimentation rates could be indicative of a geopathic problem.

To rule out the possibility of cancer in other parts of my body I had a blood sample taken and sent to Oncolab in Boston, Massachusetts (see Resource Guide). They are the only lab in the world to perform this type of blood work to diagnose the potential for malignant tumors in any part of the body. It is called Antimalignin Antibody in Serum (AMAS) blood test and is capable of detecting the presence of tumors sometimes years before other methods can. They claim an accuracy rate of 95% with one test and 99% if two tests are performed. Anyone can call them (800-922-8378) to have information and their test kit sent. Local blood labs can draw and prepare the blood for overnight delivery to them. Thankfully both of my AMAS tests were negative.

At this point my symptoms were getting worse. The jerking and twitching spread to other areas. I was shivering, had numbness and tingling in my extremities and twitching in my face. The only way to stop the facial contortions from the twitching was to open my mouth wide. While I was sleeping I was also getting shooting jolts — almost like shocks through my body — that jarred me into consciousness. The muscles in my arms and legs were feeling weaker. The leg weakness progressed and became one of the most difficult symptoms with which to deal. I was afraid my legs were going to give way and that did happen a few times. That always brought back the fear of losing my independence.

At this point the neurologist's only thought was the possibility of this being the beginning of multiple sclerosis (MS). That frightened me also. (And it reminded me about my previous dream about MS.) He gave me a prescription for muscle relaxers and sent me on my way. These I always kept with me but never took.

Several times I called the neurologist to ask specific questions about potential causes of my symptoms and possible tests that could

be performed. I had a standard lab test done for Lyme disease — also negative. I was aware that Lyme disease can be very difficult to diagnose as well as treat, but never pursued additional testing.

At this point the doctor's office stopped returning my calls. Sometimes it had taken a week or two to get a call returned. I didn't know if he was so busy, if he never got the messages, or if he was avoiding me.

I still had questions that required answers. It was time to find a second neurologist. My chiropractor had some patients whose neurologist was very good at returning calls. This was what I needed to hear. When I saw her, she did a neurological exam, *listened* to my report of my symptoms, and gave me her insight without wanting to see my test results first. Her first comment was, "This is not MS." I liked her already. Being a psychological neurologist and having ruled out many other causes, she thought it was due to the emotional stress from my husband's death. That could very well have been a factor or a trigger, but I knew that there was more to it than that. My own testing indicated that it was much more. She suggested I get a jump-start with Prozac. That I didn't want and didn't do.

I was very happy to get a second opinion. Her educated opinion was that it was not MS, and was not a diagnosable disease. This encouraged me to go even further into my own testing and alternative paths.

I knew that something was wrong and wrong physically, not just emotionally. At that point I didn't believe that any orthodox testing was going to detect it. The basic testing had already been done. My sister offered to have me stay with her and her husband and go to be tested at the Mayo Clinic, which is very close to her home. I talked to several people who had done that. I decided to do my own stuff first. I could always go there for more testing. The healing was more important for me, not just diagnosing.

An energetic relationship (having to do with energy flows) exists between different teeth and different parts of the body. This area was

discovered and mapped out by a German physician named Reinhold Voll. He developed Electro-Acupuncture According to Voll (EAV), the predecessor to the Vega Autonomous Reflex Test (ART) method and several other electro-acupuncture systems. He discovered that if there is a problem with a tooth, or the jawbone beneath it, then there may be a problem with the corresponding organ or tissue system, or vice versa. It is not a coincidence that my first three extracted teeth and the root canal tooth were all on the left side and all related to the lung/large intestine acupuncture meridian. I had been suspicious that maybe the dental work that I had done might have triggered a toxic release which was causing my illness. I now believe that might have been a trigger, but still it was only a small part of the whole picture. It would take many more months to see more pieces of the puzzle.

I had a gold bridge above the site where I had had my initial extraction and later the cavitation surgery. VBK testing at that time indicated that my body had high levels of gold. Since this was an initial site of the twitching, I decided to have the bridge removed and replaced with a nonmetallic bridge. This was accomplished over a ten-month period of time. Because metal (even gold) in the mouth can cause interference fields, I believe that it was the right choice. I have had my nonmetallic bridge for over seven years now and am very satisfied with it.

I had read about dentists who were injecting German natural remedies into dental cavitation sites instead of doing surgical cavitations and were getting excellent results. I called my dentist and he gave me the name and number of two dentists in the area who did this. I called the first one on the morning of December 31 and told the woman who answered my call about my symptoms and my interest in this area. She said, "Can you be here in two hours? If you can get here in two hours the doctor will see you during his lunch break." We estimated that their office was about a one and one-half hour drive, so I said "yes."

My luck was beginning to change. I had spent an hour or so the night before in the emergency room because of severe jerking, to no avail, but was now on my way to Baltimore to try this new therapy.

For the previous 20 years I had spent a great deal of time researching these areas. I had become very comfortable with the Applied Kinesiology (AK) and VBK testing that I had learned and it was now time to take more control of my choices and of my own healing. I wanted to be assisted by practitioners whose ideas and methods meshed with my own. This is what I found when I met Dr. B., D.D.S..

I spent that afternoon and many more in his office. He was very thorough in his work-up. He also used a form of AK, so I was able to relay my own findings to someone who could understand them and follow through with an appropriate treatment — someone who spoke my language. This was also very reassuring emotionally.

His entire staff, especially his wife, Judy, who was the woman who had answered my initial phone call, was very helpful and supportive. If I had not been in their office for a while, Judy would call just to see how I was doing and if I needed anything.

After all the standard dental testing and procedures, we finally began the new therapy for the cavitations. Cavitation sites had been determined by X-rays. First, muscle testing was done for the locations of the more reactive cavitations. The dentist then tested which remedy, usually homeopathic, would be effective in healing them. He then performed the actual dental procedure itself. This included a lot of local anesthesia — especially for me. Then Dr. B. would drill into the bone where the cavitation was located and inject the pre-tested medicine. Once the anesthetic was working, except for the usual discomfort of feeling like a pincushion, the remainder of the procedure usually only took a few minutes for each cavitation. And the procedure was painless. What soon became apparent was that this therapy almost instantaneously released toxins from my jaw area. This was what I wanted, except that I hadn't expected such a reaction. The jerking in my extremities and face increased dramatically. I stayed in the dental

chair for the 10-15 minutes it took for the symptoms to subside — I had to.

We then began injecting the scar tissue where my tonsils had been removed. This allowed better drainage of the released toxins, which helped immensely. Because of my overactive gagging reflex, these injections were very difficult for me, and, I suspect, for Dr. B., but he did a great job working around my problems.

I always felt better as a result of these cavitation treatments. The problem was that the cavitations kept recurring. Most people only needed one to two treatments to heal their cavitations. Mine were recurring so often I had to continue with these treatments as needed over a period of nine months, sometimes as many as three to four trips per week. I would eventually learn why they were recurring. At that time I didn't understand that I hadn't found the core causes, and was only treating the resulting symptoms. When it became obvious that they were recurring, *we* continued looking for other treatments. The *we* here was very important to me. I now had a professional who spoke my language, was capable of helping me, very much wanted to help me, and very much cared for me and my well-being.

Like my friends D., Stan, and their oldest son (my godson Warner), as well as my friend Beverly who always got my frantic phone calls, the people at this dental office were very instrumental in keeping me sane as well as helping me regain my health.

Dr. B's office put me in touch with other practitioners — all helpful in some way. One of these doctors prescribed a remedy made from toxins found in root canal teeth. I had been taking one myself, but this was a new one to me. It helped a great deal. I also saw an acupuncturist. I reacted to acupuncture in a similar, but not as drastic, way as the cavitation injections — with increased twitching. I did not find any significant help with the acupuncture treatments, so I stopped them. I was also continuing with my chiropractic and osteopathic treatments. I also had had some testing done using electro-acupuncture, hair analysis, live blood cell analysis, and hormone testing. All of these

provided useful information, but only the cavitation treatments were providing any real benefits.

I now needed to narrow my pursuits to the most useful therapies, because of time and energy constraints.

During this time I had help from many other people, but especially Anna Little and my godson Warner. Anna was my housekeeper, whom I had hired soon after my husband's death. She was from Ireland and had come to the U.S. to work as a nanny. She still worked part-time as a nanny, but also did a great job keeping my house clean. She was a pleasure to have around. I was not the only one who enjoyed her company. Previously she had worked in a restaurant in nearby Middleburg, Virginia. Although Anna was not a waitress, one of the regular customers always asked for her and she always obliged. Anna didn't recognize this woman, but at some point was told that it was Jackie Kennedy (who also was diagnosed with cancer at the same time as Don).

The days when she would come to clean, I would usually be outside working. She was used to seeing me very active and performing manual labor. I preferred that to being inside cleaning. She was probably the one who noticed my rapid decline in well-being the most — from being outside doing manual labor to being inside in bed much of the time.

She took over doing a lot of my grocery shopping. She also would cook large pots of delicious soup before leaving for the day. At one point when I was very weak, she moved in for a short period of time. She also drove me to the dentist's office many times when I was not able to drive. She did this without asking for or expecting anything in return. My godson also stayed with me on three different occasions. The first time was in January, soon after my illness began, for about three weeks. He was very helpful with my testing — especially the energetic testing on the house itself. My plan was to be on an excellent diet with a lot of fresh juices to supplement it, in order to cleanse and heal faster. He and Anna helped with the food preparation and juicing.

He also had a knack for making me laugh, which didn't happen much anymore.

His second trip was in March, two months later. Over a number of years Warner had occasionally had dizzy spells. Now when he was with me, he started falling down and almost blacked out. Then one morning when he was napping on the couch in the office area of the house where I was now living, he started twitching and shaking. I thought it might be a nightmare. He woke up and couldn't talk for the first few seconds. Then his finger started twitching.

I didn't know what was wrong, but I knew we had to get the hell out of the house in a hurry. My first thought was that the well water was bad. I tested it using AK and it was weakening, showing virus. We moved into a hotel that day and stayed for ten days while getting the water tested by two different labs. All of the standard tests for the water were great. So now I knew the problem was in the house, but still didn't know exactly what it was. At the time, I didn't realize that the water was just picking up the energies from the house. Since the standard water tests were OK, I decided to move back in. I couldn't live in a hotel forever, although I did feel better there. Warner went home. Neither I nor his parents wanted him in the house until we knew what the problem was.

I bought water for washing and drinking and went to the neighbors' house to shower. I then put in an ultra-violet water purifier, which I thought would eliminate the problem. At least I was now able to shower at home and drink the water. Or so I thought. It would be another five months before I would learn why my water was so toxic and what had motivated me to move out of my bedroom and into the home office.

My acupuncturist told me about a practitioner who gave ultra-violet blood irradiation treatments (UBI). Don had read a book about that about five years before and thought it had sounded worthwhile. It was being used to treat many infectious diseases. The book that Don read was authored by the doctor in my dream when I was told that Don only had another 30 days to live.

UBI treatment consists of removing a certain quantity of a patient's blood. The quantity is based on the individual's weight. It does not exceed the amount which would be withdrawn during a blood donation. To me, it looked like about one and one-half cups. When the blood is withdrawn, it automatically flows through a UV light chamber and goes into a holding bottle. When the specified amount has been removed, the process is reversed. The blood again goes back through the UV light chamber for the second treatment, and then directly back into the patient's vein. The entire process takes about 45 minutes.

UBI has been used since the 1920s, initially to treat bacterial infections (my teeth), and then to include treatment for viral (my water/house) and other infectious diseases. It is now being used as an adjunct therapy for many different conditions, including AIDS.

My UBI treatments began in April 1997. I was amazed at my improvement, even after the first treatment. After the third treatment, I was not only out of bed, but I was packing. The one day a week Anna was there, she packed, too. I carried the heavy boxes of books down three flights of stairs because I thought that they were too heavy for Anna. What a change from two weeks prior, when I could barely carry myself down three flights of stairs once a day, much less many times a day.

My energy was the fastest thing to change. There was still a lot of jerking at times, maybe even more, but it didn't exhaust me now. I even remember needing to walk around the house with my arms jerking — almost like I was shaking off the toxic energy — but feeling energized. Rose, an energy consultant who I had just started to work with, had commented that my kundalini (energy force) was activated and was responsible for this positive response. There was a sense of well-being now, something that I hadn't felt for a long time. To feel that much improvement gave me new hope again.

I believe, based on my current testing of this UV frequency, my past reactions, and my current research, that the UBI treatments rapidly

eliminated what I now refer to as “scavengers” — scavenger toxins — the result, not the core reasons for my illness. Scavengers will be discussed later in more detail. I believe that this is why my improvements were short-lived. Once again, I was eliminating the result of the problem but not the core problem.

I was again planning my move. The first truckload of belongings went in June. The final shipment and my flight to Colorado were scheduled for August 14, our wedding anniversary. I thought that that would be a good day to leave my old life behind and begin a new life.

I continued with my UBI treatments about twice a week. By mid-July I was beginning to get very tired again. I was still packing, but knew I didn’t have the energy to finish. I also did not want to leave my doctors if I was not healthy enough. I postponed the move.

I had another two teeth extracted in early August. Warner came back for the third time. On my anniversary, instead of beginning a new life, I had another three teeth pulled. I was ready to have them all pulled, if that would help bring me back to life. Fortunately, Dr. B. did not cooperate.

Leading up to having the teeth pulled, there was an extreme exaggeration of my symptoms as if everything were building to a crescendo. I was very shaky, very weak, and experiencing extreme fatigue. My legs would be growing much weaker, and I would be having trouble walking even short distances (even around the house). There would be jerking and problems breathing. Having the teeth extracted improved these symptoms for a period of time. Just after an extraction, like the cavitations, the jerking would increase significantly, then subside.

Dr. B. had biopsied an extracted tooth and a growth he had removed from my tongue. The lab stated that the growth was the most toxic specimen that they had ever biopsied. The tooth was toxic, but not as bad as the growth. This was now “scientific” proof of a dental connection to my illness. I was always the one to decide to have a

tooth extracted. I knew that they were causing problems elsewhere in my body, but it was good to see this confirmed by a lab.

Dr. B. did not want to pull any more teeth. I had had to fight him to pull the others. We had already started work on two bridges. One of these already was not usable because of the new extractions — I needed a partial instead. He did not want me to have to get full dentures and Judy kept telling me I was too young for dentures. He suggested that I contact an energy system consultant who he thought might be able to help me. I will refer to her as Rose.

This was another turning point in my life.

The first mention of Rose was when Dr. B. was in the process of pulling a tooth. I didn't know if he was trying to distract me or if I was really supposed to be paying attention. He had mentioned me to her and thought because of our similar interests, we might want to meet. As soon as the tooth was out, I totally forgot about Rose.

In mid-August 1997, the week after having the five teeth pulled, I called Dr. B's office. The woman who answered immediately said, "There is someone here Dr. B. wants you to talk to." It was Rose. She had stopped by the office (without an appointment) and just happened to be there when I called.

She told me the type of work she did and we scheduled a telephone appointment for an assessment later that evening. Her trip out of town had just been cancelled, which gave her time to see me several times that first week.

Between my first conversation and the appointment that evening, my deceased husband contacted her while she was in her car. There were many personal things that he told me through her — that it had been his time to die, and answers to other questions I had had about his death — things that nobody else would know. He was "there" during our first appointment and was "present" during most of our subsequent phone calls or visits for the next two years.

Rose explained how I had received some of my strength from him and how this loss could be partially responsible on an energetic level

for triggering my illness. I was so grounded into Don that I no longer had my own individual base chakra, which is the energy center at the base of the spine which relates to survival. Our base chakras resonated the same and were communicating to each other. This was why so many of my symptoms were similar to his. Even though I did not have cancer, I did have neurological problems as he did, as a result of his cancer. Two different chiropractors had even commented that when they treated Don and me within days of each other, they needed to treat the same things and the same areas in both of us.

Several years after Don's death I was in a healing class where we all did a breathing/healing exercise. At the end of that experience, a man close to me commented that someone in the group had a diseased left kidney. Based on my emotions that were surfacing during that exercise, I knew he was referring to me — or rather to Don's left kidney.

During that first consultation, Rose also relayed information about a new technology my husband was currently working on that would be filtered down to me to make usable on this plane. She also asked me what was on the top of the roof of my home. That answer became very clear during her first visit.

Rose visited the house on Friday (thank God her business trip had been cancelled). She felt a problem from the house before she was even in the door. She toured the house and pointed out which areas were the worst (our bedroom). She looked at the Lightning Protection System (LPS) on the roof. The LPS consisted of a cable on the roof that encircled the entire house. There were spikes or rods about every ten feet along the entire cable, with several downloads. Warner and I left while she worked on the house energetically. I also remembered having looked out the window from the hotel that Warner and I had stayed in during the spring and seeing the same type of LPS.

Rose was out again the next day — Saturday. We both knew there was still a problem in the house. Cutting out a portion of the LPS cable was not enough. I decided I wanted the whole thing out and she

agreed, so we spent the next one and one-half hours on the roof removing the LPS.

My husband, present in spirit, was applauding. Installation of that system had been his idea. He kept referring to a cable by the closet that needed to be cut. We did not find that for a few more days. This cable was just outside our bedroom, within a few feet of where he had slept. This is also where he lived for two months in a body cast after the ski accident — probably the most toxic area in our home. Rose stated that this cable was allowing the energy from a vortex underneath the house to travel up into the house. I had my electrician come out to cut this downlead and the others that I could not reach. The energy in the house was much better. Even I could feel a difference. This greatly improved the energy in the bedroom. There was still one more thing that I did not figure out until after I had moved, and have since fixed.

This downlead cable is why I not only felt so much worse in my own bed, but was jerking much more and finally moved to the Murphy bed in the attached office area.

I had worked on the LPS many, many times over a period of about ten months. I had tested negative energies coming into the house as a result of this LPS. Using technology similar to what I had used to produce the Energems, I electronically transferred different energies into crystals and placed them along the cable over the room in which I was now living. Although the energy in that room was better than the rest of the house, this was not sufficient. If I had placed them along the cable over the entire house instead of in just one area, my method might have worked. My next house would have a very different type of LPS! Since then I have figured out how to “fix” LPSs with the use of one of my Energems.

The downlead cable by the bedroom was covered with the exterior stone and mortar siding. During a spiritual contemplation about two weeks after taking down the LPS, I saw myself on a roof with a chisel. I was breaking up and clearing away over two feet of concrete and I had only cleared a small portion of the roof. I interpreted this as the

roof representing my brain/head area and that the detox/cleansing was progressing but that I also had a lot more work to do. Two years later, Rose had the insight that the downlead cable by the bedroom, encased in stone and mortar had been responsible for blocking the release of toxins out the crown chakra on the top of my head, the desired preference for the direction of the release of toxins. It is the belief of some doctors that tumors are just a means of encasing toxins that have no place else to go. Both my contemplation and her explanation two years later were telling me the same thing. Could that have been the cause of Don's tumors, having lived in that house almost twelve years? Could that be the cause of my problems?

Rose allowed me to test her using the VBK method. Energetically, she tested better than anyone I had ever tested. This convinced me that I needed to incorporate her techniques into my program. I knew I could learn a lot from her methods not only to help myself but also to add much to my research.

I felt like I was at least making some progress. I had not had any more teeth pulled, but there were still problems to be resolved. Early one morning I was about to get into the shower when the phone rang. It was my friend D. She had a dream during the night that she needed to relate to me. This was the first time I could remember her telling me about one of her dreams. Stan thought it was crazy, but I'm very grateful that she listened to her intuition and called anyway.

In her dream she was visiting with me at my house. There were two to three men and one woman there who wanted to rob and kill me. One of them had a gun. The woman grabbed me but D. pulled me away. D. was ready to turn over any valuables I had and run for our lives. She just wanted to get out. I was not ready to do that. I wanted to stay and fight. Since I wasn't walking very well, she wasn't sure how she was going to get me down the stairs and out of the house. She decided we would have to fly out. She didn't know how well I could fly, but she figured she could help pull me along. We were flying, but D. wanted us to get higher to get over the treetops and out of

range of the gun. She was holding my hand and helping me along, although I was flying OK.

This dream taken by itself was to me a warning of danger in my home and a message that I needed to get out. A short time later that same day Rose arrived. She sat down on the couch and the first thing I remember her saying was, “Oh NO.” I knew it wasn’t good. Then she said, “You’ve got to move.” My friend Beverly had also been telling me that since I became ill.

That’s what I wanted to do, but I didn’t feel strong enough to do it, nor did I want to leave my “support staff” too early. But I hadn’t found anyone in Colorado — from Aspen to Denver — that could do the type of work that my dentist in Baltimore does. The closest I could find was in Phoenix, close to where my sister lived — a long trip for a dental appointment. Hearing both of these women in the same day got my attention. In my dream journal recently, I reread a short dream I had about two weeks before D’s dream. In my dream, I had to hurry to get ready because my ride — a pickup truck out of town — was arriving early.

And hurry I did.

I had lived in that house for almost 15 years and had never been healthy there. Because of other health considerations, I was not aware of the cause for many years. Within weeks of moving into my Virginia home I saw an EAV practitioner. I had hoped that she could find a constitutional remedy for me. She recommended several doses of a very high potency homeopathic remedy — Phosphorus 10M. Phosphorus, when the symptoms fit, can be used for radiation toxicity. That was a clue that I didn’t recognize for many years.

Phosphorus did not fit me as a constitutional, but years later I saw how it fit with the energies in that house. It is quite possible that frequent low doses of Phosphorus could have helped to detoxify the radiation in my body. With what I know now, I would not take that high a dose based only on an EAV (or similar) evaluation without a more complete correlation. Soon after taking the doses I got *very* weak

and had dizzy spells, along with feeling extreme sadness. I wasn't sure what was going on, but suspected it was the remedy. I tried to antidote the remedy, but by then it had so severely affected my body that it took months for me to recover. Being the guinea pig and researcher that I was, soon after I recovered I took one more dose. The same symptoms quickly returned. I immediately antidoted that new single dose and this time the symptoms rapidly disappeared.

I don't believe they were my symptoms. I believe it was a "proving" of Phosphorus. Provings are how homeopaths learned the different characteristics about each remedy. A healthy person intentionally takes a specific remedy until symptoms develop. These symptoms that develop in a healthy person are the same symptoms that remedy will cure.

At this same time an amalgam (mercury) filling fell out of one tooth. I had wanted to have all my mercury fillings replaced with nonmetallic, nontoxic materials, so decided this was the appropriate time to do that. The fillings were taken out during four different visits. The dentist had done a urine test prior to the removal to see the amount of mercury I was excreting. That number was very low, which meant that I was not eliminating much of the mercury and it was being stored in my body.

The elimination of all the stored mercury took me over two years — a very long time. The problems in the house no doubt slowed down my cleansing also. Towards the end of the mercury detox, I learned about taking low potency homeopathics to help the elimination of the different toxic metals in the amalgam fillings and also to assist lymphatic and blood cleansing. Once I completed this process, Don and friends also had their mercury fillings removed. They began homeopathic remedies even before beginning the dental work and were able to complete their mercury detox within two to three months, not years.

Because of this continual detox, I was not aware of the problems in the house. My body was very sensitive; Don's was not. He had a very strong constitution and didn't react to things like I did. He was

not aware of any problems until he had a fist-sized kidney tumor and two brain tumors that were causing seizures. I did notice how much better I felt when I was in Colorado skiing, but still didn't realize that the reason was getting out of the house, and not from being on vacation and getting the fresh air and exercise.

Rose talked about the energies in the house still being toxic and that I wasn't healthy enough to tolerate staying there. At this point I needed to move to get well. I had been aware of a geopathic stress problem in my home. When I began doing the VBK testing, I tested and found double grid (DG) in me and later in the house.

At that time I had called a dowser to search out these lines. He found other things, but never the double grid. Therefore I incorrectly assumed that the double grid showing in me was from an earlier residence.

Richard Gerber, M.D., in his book *Vibrational Medicine: New Choices for Healing Ourselves*,⁶ refers to geopathic stress, as well as Vega testing and EAV. According to Dr. Gerber's book, the blood of normal individuals has a clockwise rotation. Individuals living in areas with geopathic stress have a counterclockwise spin to their blood. When the individual moves from the geopathic stress the blood spin returns to clockwise. This book also states that "individuals with this abnormal polarity who are ill are usually resistant to any form of subtle energetic or vibrational medicine intervention." Also, "a majority of patients with cancer possess this counterclockwise blood polarity."

Was this a factor in Don's cancer and my illness, as well as why we did not respond well to the more subtle treatments?

Since moving out of my home, from my testing I found double grid entering the north side of the home and leaving from the west. This ran through the kitchen to dining room on one level and the master bedroom to master bathroom on another — another reason I had been worse in my own bed. This, I thought at the time, must surely be the last thing in my home that needed to be fixed.

More recently while continuing my research on geopathic stress, I also found Curry grid (CG) in my home, which is the energy grid that runs diagonally to the north-to-south, east-to-west Hartmann grid.

After I had moved out of my home, Rose talked about the different energies in the ground. Instantly I *knew* that this subject was something I was going to have to research — when I was stronger — and I did. When I was stronger and began again working with new clients, both the clients and their homes all showed geopathic stress.

When I first began using the VBK system, double grid showed in the home of one of my clients. It did not show in him, but it did in one of his daughters. She told me how she never felt well when she was living there, felt much better when she went off to college and was again sicker when back in her old room. He contacted a dowser who inserted a metal rod into the ground to divert the energies up and over the house instead of through it. This helped and seemed to balance the VBK testing at that time.

The home of one of my new clients in Cape Cod also tested for double grid. She started contacting dowsers. Both the Vega system and geopathic stress were new to her and I could tell that it was not going to be easy to find a dowser to fix her home. It was time for me to figure this out myself. From pictures and floor plans of her home and my own home I began testing — though not sure what I was looking for. Within a short period of time I started seeing patterns in both homes. I could test for where the geopathic stress was entering and exiting.

Now how could I fix it? I took water samples from her home, and already had double grid samples from the previous home tested. Water rapidly picks up whatever energies are in its environment. From the water samples, I confirmed the location of the double grid. I also used these samples to test to see what energies would be effective to neutralize the interference and also be tolerated by the inhabitants — both characteristics of Vega testing. I found energies that at least in

the testing worked. I mailed an energized crystal to her and told her where to place it — outside her home so that the geopathic stress would be neutralized before it entered her home. Then I monitored her and her house. When I was convinced that it was working, which was also indicated by the geopathic radiation automatically now leaving her body, I transferred the beneficial energies into a brick in her walkway. In that way, a gardener would not disrupt it. Over a year later, the testing indicated that the “brick” was still working and the double grid toxins had since been detoxified from the client’s system.

My house in Virginia was a big concern to me. I didn’t want anyone living in it until I knew that it was OK. Don and I had designed and built that house to be a “healthy home.” It would be before anyone else would live in it. I had already measured, monitored, and corrected a radon problem in part of the house. I bought my own radon monitor and monitored different parts of the home for a long period of time. I have concluded that is the only way to do it. We had used the short-term charcoal canisters for testing before, but the report indicated that the levels were safe. With my own monitoring, I could see how the levels changed drastically depending upon the season and the weather. The levels were dramatically higher in the winter. They were also high any time of the year during, or just after a rain.

I removed the lightning protection system before moving out. After moving out, I continued my research on geopathic interference and was able to correct the double grid and Curry grid with an Energem. I suspect that now that is the healthiest home on the East Coast!

From further research, I also discovered that the metal rod that was diverting the double grid energy in my client’s home was not neutralizing all of the toxins. We have since used Energems to fix that home also. I have recently discovered a way to neutralize the geopathic stress (and electromagnetic, microwave, and LPS, as well as the new “electrically transmitted and atmospathic toxins”) without having to do any additional testing, and with the use of only one Energem. Later

we will discuss the source of the other toxins that I have found coming in with the radiation from the geopathic stress, which is what has also been neutralized in my clients' homes. Also to be discussed is my new testing method which has allowed me to find these "covert" geopathic toxins, as well as other covert toxins.

A year after moving to Colorado, while staying at my sister's home in Scottsdale for Christmas for the first time, I was waking up every morning with a slight headache and upset stomach that would leave later in the morning. After a few days I realized that these were my previous radiation symptoms. I discovered double grid running through the guest bedroom and was very happy to be able to fix it — for me and for them.

I had to have teeth before I could move to Colorado and I wanted Dr. B. to do the work. I had been waiting for my mouth to heal from the extractions, but now I needed a partial to be made and my new metal-free bridge inserted. Dr. B. figured out how long it would take if everything went well. I added a few days for error. So all the appointments were scheduled. I knew I couldn't physically finish the packing, so I called my sister Barbara for help. She came out on Halloween and was able to finish the packing in record time. The dental work progressed smoothly. After the partial was fitted, I was back to Baltimore for adjustments every day including Sunday until I moved.

The day before my departing flight, D., Stan, and the five boys came by to say good-bye. They had just moved from Ohio back to being within a two-hour drive of me. I hadn't seen any of them except Warner since I had been sick. They also picked up Don's desk and other office furniture to be used by his godson, which from what I hear is being used by his dad for now.

A short time before moving I had asked Rose if she would communicate some questions/comments between Don and me. We were so used to communicating with each other that I think I just wanted his blessing about the move. I always taped our talks but of

course, the tape recorder didn't work during this session. It's probably the only time it didn't. He did tell me to go on with the plan to move to Colorado. It was a plan that we had made together before his death. He said that I should trust the plan — meaning our plan to move to Colorado together. He said that I would find it different out there. He said that he's still my partner, he's just with me in a different way and that he's been pushing to get me moved out of the house. It was very reassuring to hear from the "person" that I trusted the most that he thought that I was doing the right thing.

Monday morning Barbara and I flew to Colorado. I was still very weak and needed to use a wheelchair at the airports. The feeling of helplessness that day and the previous eleven months is something that still influences me today. Today, I am so grateful that my legs "work." Every time I ski, snowshoe, play tennis, or hike, I am grateful that I am able to do that. The first year I was even grateful to be able to do my own housework; but, not surprisingly, the joy of cleaning wore off!

I recognize how grateful I am to have had my friends, my sister, Rose, Dr. B. and staff, and other therapists to help me and guide me. How lucky I was to be able to put some of the pieces of this puzzle together to help myself and hopefully some day help others who may be going through similar circumstances, if only they know where to look.

Barbara got me to Colorado and settled me into my studio apartment. Boxes and suitcases were unpacked and the cupboards were stocked. Now I was on my own again. I knew I could rely on the lodge staff to help in emergencies, but I was determined to find my own way. This was the beginning of a new life, the beginning of a new awareness, and another phase of my healing, learning and continuing energetic research.

About five weeks after arriving in Snowmass, during the Christmas season, I began going for short walks, to see if I could sustain it and build up my muscles, with the studio just a minute's walk from the

resort's main mall area. At Christmas time this was a great place to walk, with all the children enjoying their holiday, with the Dickens Carolers and all the decorations. If I got tired or cold, I could duck into one of the many shops. I walked to the mall daily. I was building up confidence that I could walk short distances without my legs giving way.

I had just joined a health club and was seeing the trainer for my first session the next day. The trainer and I initially worked very slowly. I was even concerned about walking back and forth between my car and the club. The first session I worked on the lower body and the second session I worked on the upper body. Certain positions and stretching were causing jerking and numbness, but I was pleasantly surprised by the strength in my legs. I also started running in place in my room for only a few minutes per day — again a confidence builder.

A week after joining the club I bought my lift ticket — a season pass. I was serious and determined. The next day I went skiing — one of my major goals and passions. I was very concerned about what might happen to me, especially if my legs gave out. I kept thinking back to how strong they felt doing the leg presses. My plan was to ski down the bunny slope one time and then come back in. As soon as I started down the bunny slope, I was thinking about all the beginners in my way slowing me down. I stayed out an hour and loved it. At that point I knew I was going to be OK. That afternoon I called Rose to tell her how great it felt to be skiing again. She began to cry. I also called Judy, Dr. B's wife. She was so happy for me also. This was quite a turning point in my life.

There were months and months when I had wondered if I would be able to go for walks, much less ski again; now two days later I skied for two hours, and not the bunny slope. I had graduated up to the intermediate slopes. Another two days and I was out for three hours. I felt like I was skiing off the frustration from the past year. Skiing was my freedom. In just a little over two months from moving out of my

home and needing to use wheel chairs to do that, I was out skiing for several hours at a time.

It was time to play and enjoy myself. While Warner was with me in Virginia I told him that as soon as I was strong enough we would go skiing together again. This was his reward for helping me so much and I wanted him to see me strong again. He had watched his god-daddy die and then me so sick. It was time to enjoy. A month later we were skiing together.

He had skied here before but didn't remember very much. He had just turned four before his first trip here and now he was 15. His mother, D., loved skiing as much as I did and got all five of her sons skiing at a very young age. He was here for two weeks. I felt I was among the living again. We skied almost daily and even went snowmobiling to Maroon Bells. It was a first for both of us.

Soon after I got settled in Snowmass, I began to work with Rose again. It was much easier now that I was in a "safe" environment, and I progressed much more rapidly. We began by working on getting my legs and energy stronger and clearing old emotional traumas. At the same time I continued with my normal cleansing routine, which was effective now that I had left my toxic house.

During one of our sessions, we talked about Don's death. We discussed how I had fought much harder for Don to live than he had, at least the last two months of his life. Rose explained how he was probably very exhausted and didn't have much life force left to fight with. These were things I already knew but I guess I needed to hear them anyway.

She explained how Don went peacefully. "He was already in a peaceful place; it was you who wasn't in a peaceful place." We continued discussing his death and what it meant for both Don and me. I explained how we did a lot of spiritual studies during his last few months. Whatever free time I had he wanted me to read spiritual books to him. Warner and Don's daughters also read spiritual books to him.

At this point, he was so open to spiritual learning that he couldn't get enough of it. He had been ready to learn this for many years, but he just wasn't aware of it. Now he was becoming very aware. My next comment to Rose was that I was wondering if that was a lot of what the whole purpose of our relationship was — my preparing him for his next step. She immediately felt a shift in me, a strength. "What you said was very truthful."

After this session I was more comfortable with what had happened with Don, but I was still pissed at God for allowing it to happen. I even stopped my spiritual contemplations and reading for a period of time. Rose had been waiting for this to surface and I had been aware of something trying to surface for a couple of months.

Rose asked: "Do you remember in the beginning of our work I asked if you felt like you took on his stuff?" Yes, I wondered because so many of the symptoms were the same. "I believe this is connected to Don's passing and you being with him and working with him in the healing process." But how was it connected? "Because of what happens energetically. **You can absorb the energy from the other person, especially when you're empathetic — or you're so connected.** That's the first feeling I had when you were telling me about your symptoms — they were so similar."

I did have one more tooth pulled — in June of 1998. Unlike the previous ones that totally disabled me physically, with this one I only had localized pain. I scheduled an appointment with the local dentist to get an x-ray. Where previously I was barely able to walk and generally needed someone to drive me to the dentist, the day of the appointment I hiked part way down the mountain (took two chair lifts up) just before going for my appointment.

It was a disappointment to hear him recommend a root canal. I refused, as I had previously, and asked the dentist to extract it. Dentists feel compelled, morally and legally, to save teeth at almost any cost, but he totally understood my reasoning and removed the tooth. I spent

a couple of days allowing my body to recoup from the extraction and then was back playing tennis.

Most, but not all, of my jaw problems were solved. Even though one more tooth has acted up for over four years now, it does not seem to have affected my well-being and has not produced any pain. A recent x-ray even showed signs of improvement!

All of the numbness and tingling that I had experienced has totally disappeared. On rare occasion, my muscles may jerk for a few seconds — **generally a response to hearing a truth — like an indicator that I should pay attention to whatever was said.**

I had commented that I still feel like I'm married. It was a connection that death didn't really change on the emotional level, only on the physical plane. Just weeks ago I had a dream. I quite often had dreams in which I was looking for Don but could never find him. This time I did find him. He told me that he wanted a divorce. In the dream I was shocked and couldn't understand what had happened. He took my hand and led me outside — I suspect to explain things to me — but then I woke up.

I was very puzzled by this dream until I remembered having said on many occasions that I felt like I was still married. He was telling me that he didn't want me to still feel married to him. He also led me outside — like it was time to move on with my life, including development of other relationships. Just weeks later, I felt as though I still had my wedding rings on, to the point that I was trying to move/twist them with my thumb. I guess this was another reminder to keep moving forward. Although I am not in a relationship now, I can't imagine living by myself for the rest of my life.

It is now January 2002, four years since moving to Colorado. Rereading the first part of the book, it is interesting and enlightening for me to look back and see how things have changed, how I have changed — all for the better. So much of the rest of my life has improved. There have been many changes — some so gradual that I

had to read my notes to even remember what I had gone through. Isn't it amazing how we can almost forget the painful memories but remember the wonderful ones?

My health, although not yet as strong as I would like, is so much better than it has been for more than twenty years — since moving into the home that Don and I built together. I have been able to travel around Colorado and Arizona to see so many beautiful areas. I have been able to lead a fairly normal life, in some respects even better than normal. I have been able to ski, snowshoe, cross-country ski, play golf (sort of), play tennis, hike and engage in any other activity that I choose. I attempted to paraglide, but it was always too windy on the days that I scheduled. It's still on my to-do list. I even tried kayaking. I hate wet suits and wouldn't wear one. On the third day, I rolled over (only half way!) and had to make a wet exit. I found out the hard way that the Colorado waters in the spring are much too cold to experience without a wet suit. So I decided that I either needed to learn to roll (which is essential anyway) or learn to wear a wet suit (or both). That got moved down on my to-do list.

When I look back, I can see reasons for so many of the negative things that happened to Don and me. There is a pattern to my life, and Rose says, everyone's life. I have had the opportunity and privilege to be able to not only learn from our experiences, but to make the living and health environment better for others from what we learned together.

As painful as it was, I can see why we lived in the home that we did. I can see how I also grew spiritually by what I had experienced. I had to. I needed something to be able to hang on to when times were really rough.

One of my most rewarding experiences in this lifetime was to see how Don grew spiritually. This was much accelerated during the final few months of his life on the physical plane. That could very well have been his major purpose during this lifetime, as well as a primary reason for us to be together. I am grateful to have been able to see and be a part of his growth.

When I was by myself and was so weak, not knowing how or if I would survive (or even if I wanted to), I had to muster my own inner strength. I was so used to relying on Don for so much. Sometimes I only had my faith in God and my spiritual master to guide me in the right direction. I don't remember (but he might!) ever asking for a healing. Something in that is foreign to me. But always I asked for guidance. I didn't always "see it." Sometimes it was after the fact that I recognized what it had been.

But I knew that it was there — wanting me to learn what I needed to learn, get through this difficult time, and come out the other end a stronger, wiser, and hopefully a better person. I hope that has happened. (I sure as hell don't want to go through that again!)

HOME TO COLORADO FOR HEALING

The two rock formations of “Rabbit Ears” at the top of the mountain are a well-known landmark. They are a very short distance from my new home and are at the beginning of Rabbit Ears Pass, which leads into Steamboat Springs. The first time I remember heading over the pass into Steamboat was when I was about 10 years old. My aunt, uncle & their son were taking me back home to California after I spent my summer vacation with them. We all liked Steamboat so much that even though it was still morning & we hadn’t driven very far that day, we decided to spend the rest of the day there. The original mountain — Howelsen Hill — was my first chairlift ride. The next time I remember visiting Steamboat was in 1995 when I found the property where I am currently living.

The view from the top of Snowmass, taken on a ski outing with D. Marie. This is at Elk Camp, where my most favorite slopes in the world are located. A perfect blue-sky day in Colorado.

Aspen Mountain as seen from ACES (Aspen Center for Environmental Studies), taken while my friend Anna was visiting. This was our last excursion the afternoon before her flight home the next morning to Virginia. She was still enjoying her hike after it closed and we had to “search” for her. Anna was so taken by it that we visited again the next morning right after checking her luggage at the airport.





Richmond Ridge is at the top of the Gondola on Aspen Mountain and leads to the back side of the mountain. It's a very beautiful place to snowshoe in the winter and hike in the summer. It's amazing how quiet and peaceful even though it is so close to the ski area. During the summer different musical groups visiting Aspen perform outside here. This is one of my favorite areas for a short hike, which I did during visits from both Anna and Rose, and Dana and her husband.



The view from the top of Independence Pass in September, taken while a new neighbor-to-be was visiting Snowmass.



Winding our way through Independence Pass after the snow has melted.

PEACE AFTER THE HEALING STORM

This is literally the end of the road which goes from just outside Aspen to the Pine Creek Cookhouse, where Anna and I went for a gourmet outdoor lunch. I have visited this restaurant during winter when it is accessible only by cross county skis, horse-drawn sleigh, or snowshoes.

(Below) The narrow road from Aspen to Independence Pass is closed in the winter and is an amazingly beautiful excursion. D. Marie and I took this route along the way to Independence Pass while snowmobiling. As much as D. loves to ski I think this was her favorite day this visit.





This is another area Anna & I hiked. It's just off of Highway 82 between Aspen and the top of Independence Pass.



The Fish Creek Falls area is just outside “downtown” Steamboat Springs. This was taken on a hike with Anna late summer during a drought. It is one of my favorite areas around Steamboat.

Chapter I-4

The Evolution of Don's Illness



Living in my Virginia home led me in so many directions — and presented so many puzzles to figure out. One of them was Don's illness. Don's ski accident really weakened him. He was never the same after that. It also kept him in bed for about two and one-half months, four to six weeks of that time in our home, and in the most toxic part of our home. It was as though all of his energy was directed towards rebuilding his bones, while his immune system was rapidly becoming weaker because of his toxic environment.

He had always been so strong and healthy, although there were also indications of emotional stresses — his “falling asleep” to them — that I would not recognize until many years after his death. There are emotional stresses that I believe most of us possess. **If we choose to bury or suppress our emotions and our emotional stresses instead of opening up to become aware so that we can resolve them, we give them the power to manifest as silent, invisible, continual health**

and energy drains on our life force. It is never too late to reverse this process, which is described in more detail in Part II.

Don's purchase of a studio apartment in Switzerland, I later realized, was a result of a *fear* — in my mind, a logical and rational *fear*, but nonetheless, a *fear*. For many years he was hounded, and in his estimation, harassed by the Internal Revenue Service. He constantly received "Final Notice before SEIZURE" notices which he plastered all over his office walls — a constant reminder of the threat. From what I learned, there were never any valid reasons for the harassment. It got to the point that he didn't even claim all of his legal tax deductions. He didn't want to raise any red flags that might initiate another time-consuming audit. I never saw him *angrier* than when he received these harassing letters.

What gave him the most peace of mind was the purchase of that apartment in Switzerland. If things ever went too far, he then knew that he could drop everything and move there.

Don was able to eliminate his adulthood allergies, one of his few visible health problems, while living in our home. He had hay fever every spring. When it was so beautiful outside, and I wanted to go for long walks with him to "smell the roses," he never wanted to venture out for long — not until May when his allergies would disappear until the following spring. As part of his interest in natural healing, he had read a book by William F. Koch, Ph.D., M.D. (1885-1967).⁷

Koch's research began in the 1920s. It was focused primarily on cancer, but his treatments also included many degenerative diseases including polio, TB, asthma, arthritis and leprosy. Koch's disease theories correlated the relationship between environmental toxins, nutritional deficiencies and an ineffective oxidation system. In his cancer patients, and other patients with degenerative diseases, he observed the breakdown of their body's oxidation system.

His research conclusions were that cancer was caused by a germ (parasitic origin) and that tumors were the body's natural protective

mechanism. The function of a tumor was to change the body's toxins into antitoxins. He developed synthetic antitoxins to restore the oxidation system and to assist the body's natural processes by converting the toxins into antitoxins. These included homeopathic doses of Glyoxylide, as well as Malonide and Parabenzoquinone (PBQ).

These therapies led to many successful long-term cures. Like Royal Rife, Koch also was forced by the medical establishment to leave the U.S. to continue his work; and also like Rife, he died while living outside of this country.

Since all of Don's family died from cancer at a relatively young age, he wanted to research this while he was still healthy. After reading Koch's book, Don made a Glyoxylide 6X homeopathic remedy and took a single dose. He did this during the height of his hay fever season. Within days, his usual symptoms of itchy eyes and sneezing were 90% gone. The following spring, they were 95% gone — hardly noticeable. It didn't prevent his cancer, but it sure made the spring more enjoyable for him. He did take another dose after he had been diagnosed with cancer, but he couldn't tell that it helped. Dr. Koch had administered homeopathic doses of Glyoxylide by injection, but the oral dose did work on Don's hay fever. Perhaps Dr. Koch's original formula, if it had been available, would have acted on a deeper level and been more effective on his cancer.

Even though my allergies were not as severe as his, I also took a dose. What I recognized was that it activated my lymphatic system. I took about one dose every year for several years, which strengthened my lymphatic system so that it continually cleared the toxins. More recently, I have found that the Glyoxylide is no longer necessary, because my new energetic work accomplishes this and more.

Recently I decided to retest Don to see if I could figure out more of this puzzle. I had never done this type of testing, although I had heard of other practitioners using this method. The test results, I believe, were not only accurate, but also very enlightening.

I used a “witness,” a hair sample of his, to test him. I kept this in my pocket throughout the testing. I initially tested him going back (in my mind) first to October 1993 — just before his seizures began — and then further back to October 1987, which was a few years after we had moved into our new home (and had installed the lightning protection system). The results were quite revealing — and surprising. At the time of his illness, I had not yet discovered how to test for some of these things, and I suspect that I may learn to test even more things in the future. The “covert” testing (detailed later), which I do on the back side of an individual, generally pertains to things (toxins, emotions, etc.) that are either caused by outside interferences (usually unknown), or are things that we are not consciously aware of, have suppressed, or are too busy to notice or are not yet ready to deal with, especially our emotions.

Starting with the testing based on his physical condition in October 1993, I found two very distinct differences: Cancer was showing in both his front (overt) and his back (covert) sides but from separate causes. In the testing in his front, he did show geopathic stress — double grid (DG) and Curry grid (CG). As has been discussed, this would have reversed the spin of his blood and would have had a significant negative influence on the strength and functioning of his immune system. It also would have influenced his response to energetic therapies by reducing their effectiveness.

In testing the front of him, the toxins that had come into our home and his body as a result of the lightning protection system tested to be the core of his cancer — with radiation the specific toxin.

Rose had told me how our LPS had acted like a cap to hold in the energies. She also stated that the LPS could have pulled in other energies such as those from satellites now circling the Earth. We also had a large satellite dish on the roof within the LPS area, which also would pull in energies.

Geopathic stress did not test to be the source of the LPS radiation. Because of this, I went back again to retest areas of the house, grounds and now the sky above.

This time I tested from pictures — of the house, and more importantly, the sky above and even a picture of a LPS rod and its connecting cable from our roof. I found radiation and the microorganism called rickettsia (in addition to emotions) in the sky (only above the house) and in the LPS rod and cable. The testing indicated that the LPS attracted, pulled in, and concentrated what was in the atmosphere, which would include cosmic sources of radiation. I have found that metal roofs and antennas also act in this same manner.

I have been able to test this on other homes with either an LPS or a metal roof. Another practitioner who tests and utilizes the Energems for his clients has also found weakening energies where a part of a home was under a metal roof, which he could not find in the rooms which were not under the metal roof. The Energems do correct this problem.

While “geo” (earth, ground, soil), and “pathic” (suffering, disease) relates to disturbances under the ground, I am introducing the term “atmospathic” to represent a compilation of toxic energies from different sources originating from or existing in the atmosphere.

This atmospathic stress would also include energies from cosmic radiation, microwave towers, satellite systems, GWEN towers, HAARP (GWEN and HAARP are discussed later), radioactive fallout, sun flares, and possibly even covert broadcast programming and some weapons of mass destruction.

The energy of rickettsia I have also found as what I call a scavenger toxin — a live toxin — from radiation and microwave systems such as security alarm systems and cell phones, as well as covert interference. I will go into much more detail about scavenger toxins in Part II.

I retested the “cell phone energy” (collected from vials of water placed on different cell phones) and found that it tested to Don’s cancer. To me that meant that a very **similar** energy is coming in

through cell phones that came in through our LPS. In order for these toxic energies to be found in cell phones, microwave towers must be transmitting them.

The testing also showed a cancer frequency to be in Don's left kidney (which was the primary site). (For practitioners — the Kidney 4X vial never tested positive on him before or while he was sick. I later made separate vials — one for the right kidney and one for the left kidney. Using these new vials, the left kidney tested weak. So I suspect that the Vega test kit vial contains the energy of the tissue from only a right kidney. Some organ vials, such as the mammary glands, include both right and left vials, and some, such as the lungs and ovaries, contain only one. Obviously, there is a different resonance between organs in the left and right side of the body, and appropriate vials should be utilized.)

The testing also showed a vortex energy to be in his system. Rose had previously stated that there was a vortex close to the LPS download outside our bedroom. This vortex energy tested as being related to the Curry grid.

The cancer frequency showed at both the throat chakra (the primary site of his seizures) and the sacral chakra, the emotional center that also relates to the kidney area.

The other thing that I found was *terror* testing to his heart chakra. Rose's comment was, "If his heart chakra was communicating with his inner planes, the heart chakra may have seen something that he either did not understand or was not able to handle." That made a lot of sense to me. He very well may have seen his transition from the physical plane to another plane of existence, which could terrify many.

All of this testing was done in the front — overt. The next testing was done in the back — the covert side. This is what was the most surprising and, at first, puzzling, although it soon made a lot of sense and gave me new insight into my new method of testing. The back of his throat chakra (TC) tested weak to a cancer frequency and to seizures. All of the other chakras in the back tested strong.

When I see a weakness at the back of the TC, it **can** be a result of an outside source of interference. Weakness at the other chakras in the back generally relates to one's own condition — especially emotional issues.

In order to learn more, I went back in time to October 1987 and retested the same things. This was even more enlightening. The cancer did not show in the front, although the sacral chakra (this time relating to the bladder, his father's cancer site) and the TC were both already weak. This is an indication that these diseases take years to develop. They both tested to Curry grid and the LPS, an indication that the CG was at least one of the sources of his radiation. In addition to finding radiation emanating from the CG, I have also found it to be the more emotionally based of the geopathic stresses.

The back did test positive to a cancer frequency, which showed as being related to the Mental spiritual plane. In my spiritual searching, I learned about the higher planes of consciousness. In my spiritual belief system, the first plane of existence (heaven) beyond this physical plane is the astral plane, which relates to emotions as well as psychic phenomena, ESP, and UFOs. The next plane, which is the second plane, is called the Causal Plane; it is the plane where memories, karmic patterns, and the Akashic Records — records of our lifetimes — are stored. The third plane is the Mental Plane, relating to the mind; it is the source of all mental teachings.

In my testing, I have found that the throat center usually tests as being related to the Mental Plane.

The DNA and all of the brain areas that I can test for, in addition to the spine, brain stem, and nervous system, were all weak to a cancer frequency with Don.

I had to go back to 1951 to find a time when the back of his throat chakra was strong and he showed no evidence of a cancer frequency. I suspect that after this frequency appeared sometime in 1952 that it was a source of many symptoms. He was always aware of a tight neck and shoulders and a very rigid spine, bordering on ankylosing

spondylitis, or fusion of vertebrae. Nothing seemed to relieve these symptoms.

These symptoms were early “clues” that he did not pay much attention to because no one knew how to interpret them. These emotions had progressed from the emotional level to produce symptoms in his physical body. **Perhaps it was a long-term accumulation of scavenger toxins resulting from the emotions that produced his symptoms.** His body was communicating to him, giving him a message: **Pay Attention to Me!** This is an example of the importance of always searching for the core/source of any problem.

I did further testing over a number of days. I believed what the testing showed, but I was still puzzled. Things didn't yet quite fit together.

One of my test kits includes a vial “Viscum Album 60X,” which is made from Mistletoe, a natural remedy, the use of which originated in Germany and is used in low potency by some physicians as a treatment for cancer. In the Vega Autonomic Response Testing (ART) testing, when positive, the Viscum Album 60X vial indicates a possible cancer-consciousness. This vial was testing positive to Don and to the back of his throat chakra, beginning in 1952. It also tested to the Mental spiritual plane, which correlates to the TC.

It was as though, all of a sudden, he had a subconscious *fear* of getting cancer. I wondered what happened in 1952 for this to appear, but could never find out. His mother had died of cancer at a young age and his father died of cancer at about age 60. Was Don's father diagnosed with cancer in 1952? Something had to have triggered this covert *fear*.

Don's primary cancer site was the left kidney. But all of the metastasized tumors were in the brain. I have often wondered why the brain area. A neighbor made a comment after his death that really stuck with me. She commented about the incidence of brain tumors in pilots. I don't know what those statistics are. Don started flying at age 14-15 and continued flying until a few years before his death. This

included 20 years in the Marine Corps as a pilot, as well as an aeronautical and electrical engineer. Could it be that 20 years of flying in the military in addition to being a civilian pilot with the exposure to radar systems and the use of headsets while in the cockpit could have set up the brain area as a primary target area for tumors — just waiting for something to act as a trigger? Is this just one more example of the potentially life-threatening effects of unseen forces on our health?

Based on my testing, I believe that the beginning of his cancer was **initiated** by his *fear* of cancer, going back to a young age, but was later **triggered** by the geopathic- and LPS-induced atmospathic stresses. His suppressed immune system from the geopathic, atmospathic and LPS stresses, coupled with his ski accident, gave the cancer a more “fertile ground” in which to flourish. This *fear* was the beginning of this process that I believe slowly, but ultimately, led to his death.

All of the beneficial alternative therapies that he utilized were not capable of maintaining the short-term improvements, since he was constantly being bombarded by the geopathic, atmospathic and LPS stresses in our home, as well as his subconscious *fear* of cancer.

Chapter I-5

The Evolution of Our Mission



Being an engineer, Don insisted on an elaborate LPS for our home and did all the research, phone calls, and planning to get it completed. He also had it inspected on a regular basis. This was entirely his project. Since the LPS appears to be the main source of his illness on the physical level, did he unconsciously set up the LPS to complete the process that he began mentally as a young adult? Was there a cancer gene in his DNA which somehow orchestrated this process? Did this begin as a *fear* because his family members were all dying from cancer at a relatively young age? Did he do this because that gave him some input/control over his death? Did he do this to set us up so that we could learn from these experiences, so that I would go on to do the type of work that I am doing, and also to help me regain my health in that process?

Was all this part of his blueprint, part of our mission, this lifetime? No wonder he was applauding the day Warner, our godson, and I were

on the roof tearing down the LPS, while Rose was directing us and giving us his feedback!

Maybe all of these played their own role. Years later I remembered that the skier who “knocked down” Don worked in a nuclear power plant = *radiation*. What “knocked down” both of us was the energies from our house = *radiation*. Was this another, albeit very subtle, message? We were too busy to “see it” then? Maybe we were not supposed to see it. If we had “fixed” the house, that would have changed our destiny. This was part of what *we* came to do — our mission. While writing this I started crying. I know that this is a way for my body to tell me that it is the truth. It shows me how deeply something affects me, and is also a release of that stored up emotion.

Still, this leaves many unanswered questions — especially how large a part our unconscious thoughts play in directing our entire lives.

Were Don’s seizures in his throat and neck area (instead of other areas) because of all the years of a cancer frequency being connected to that area? That’s similar to my twitching and jerking caused by the toxins in my system. Was this cancer frequency responsible for the production and accumulation of scavenger toxins that might have furthered the actual manifestation of cancer itself? Did this cancer frequency accumulate and was some sort of energy stored in this area? Were the seizures a release of this stored energy — in an attempt to cleanse? If he had “voiced” these *fears*, would that have released these toxins from the TC? Could that voicing have eliminated his seizures, or even his cancer — if that was meant to be? And would that “cleared” TC have allowed the kundalini to travel up the sushumna channel — and into the head area to supply the necessary energy that could have transmuted the toxins in his brain that caused the formation of the tumors? There are still many questions not answered.

But I was arriving at an explanation of why his cancer originated in the kidney. First, the kidney and bladder are related to the sacral chakra, which is also the emotional center (the astral plane). In the

acupuncture system, an emotion is related to each pair of organs. The kidney (and its paired organ, the bladder) are related to *fear*.

Also, could his prematurely aged skin at his neck and throat area have been a reflection of the “unvoiced” long-term fear frequency that was constantly a part of his TC? He suspected it was from his long-term sun exposure from flying. This is a very clear example that we can unconsciously attract what we *fear*.

Having done this testing on Don, I decided to go back to November 1996, when my symptoms began, in order to get a clearer picture of the core causes of my illness.

I found my core also to be radiation, but from Curry grid, with DG also showing. I found no vibration of cancer in the front or back. Grief was also still showing. Testing the back showed my TC also weak as well as the base chakra (BC), both to an emotional trauma. I also went back in time to see when the back of my throat chakra and base chakra became weak. This also was 1952, the same year that Don’s fear of cancer began. It was during my childhood while living in California. Don was also living in California at that time, a young officer in the Marine Corps.

I don’t believe this timing is a coincidence!

When I first started testing myself, I went back to December 1996, with the core being double grid. Since I had moved from my bedroom to the office area in December, I decided to go back to November 1996. The testing was different, which told me that the bedroom area was very toxic — from the DG, CG, the LPS and its downlead, and the vortex.

Secondly, the testing of my back revealed that I was testing for much of Don’s symptoms — just as Rose had indicated very early in our work. THE left kidney (whosever it was) was weak, with several core factors — radiation and the LPS. Even the seizures showed, but not any cancer frequency.

For a long time I suspected that maybe Don took “the hit” for me about the house. I had been sick in that house for a long time. It began soon after we moved in. At first, I thought it was from all of my cleansing, such as replacing all of my mercury fillings. I did recognize how much better I was while in Colorado skiing. Neither I nor anyone else could ever figure out the core of my illness, until Rose floated into my life.

After Don became sick and wasn’t making any permanent progress, even with the best healing methods he could receive, we began to look more closely at the house. He even stated that his becoming ill may be happening so that we could figure out why I had been ill.

That was one of the results of his illness — I did figure out (with Rose’s help) what the many problems were. I was also able to discover how to “fix” all of them. It has been a blessing to have regained enough strength and desire (thank you again, Rose) to be able to try to help others, in a much easier way than what Don experienced.

The Energems were created as a result of what Don and I experienced while living in our home in Virginia. This was part of what we came to do — our mission.

The Energems are a way for me to make sense and something useful out of what we experienced and learned together, so that others can benefit. I formed my own company — Energetics International, Inc. (EII) — to produce and distribute the Energems — Energized Gems. Now my primary focus is on my work — my mission.

During the first year that Rose and I worked together, Don was almost always “present,” but usually remained silent. At one point when I asked about him, he told Rose that he was living on the astral plane since that is the closest to the earth dimension and to me. He was still watching out for me. Months later he was showing Rose all of his uncompleted work files that he hadn’t been able to work on because he was watching over me!

At another time, Rose also said that Don didn't want her to forget to tell me that he's here too. "Don has a good sense of humor. I've never seen him so happy. He's so thrilled — what he needed to do — making the connection between us that was able to help you. He's watching out after you still." It was always good to hear about Don — especially that he was doing so well and that we still had that strong connection. He is taking credit for getting Rose and me together — I always thought Dr. B. did that!

One Sunday morning I woke up about 4 a.m. crying very deeply and feeling very sad. I felt as though I was letting go of Don again. He had died on a Sunday and now again I was experiencing this "letting go" on a Sunday. I had just had a dream about someone dying and leaving several other people behind. I also remembered the two birds that we used to watch in Germany. My thought was that I was about at the end of my cleansing and getting stronger. It was now time for Don to move on past the astral plane, and it was also time for me to move forward.

I called Rose and she confirmed my suspicions. "Don had to move on to the other plane." And then he bridged in saying, "I'm up here — you're going to find me up here." Rose continued, "He knew you were ready. Remember, he said that he could only stay there as long as you had to work out certain things." She went on to explain that Don and I had the true bridge through the soul consciousness, which is in the pure planes. "That's where your reality resides. The others are illusional. You're actually bridging to the true Don and the true you where the core of it is the real true bridge." But I still miss him not being here!

I had had a dream a week before this happened that I interpreted as Don shedding his physical body, and I wanted to also but knew that I had something else to finish first. I now know that this was a sign of what was to happen — that it was his astral body, not his physical body that he was shedding, and that's what I felt so deeply on that morning.

I was very surprised at how strong the feeling of the sadness was. I guess I had been more aware of him being around me than I had realized, even if he was on the astral plane. I should have been happy that he was going on, but all I could feel then was my sadness. All I knew was that reality sometimes sucks. To me it felt like I had to let him go again. I went back to bed for the rest of the day.

Towards the end of some major process work that Rose and I did, Don communicated to us. Rose said: “It’s funny — you know what Don is doing? He has this book and he just closed the back of the book. Now he’s showing me another book that has a golden cover and now he’s opening that book.” Does it have a title to it, I asked? “No. There is something written there but I can’t see it. It’s too sacred.”

“How are you doing?” Rose asked. I’m doing fine. We closed the book. “Now you open the golden book.” That sounds a lot better.



"Rising Into Enlightenment"

This painting was also done for my book by Renae Taylor. To me, these lotus flowers symbolize the evolution of our spiritual life. The painting reflects our ability to open and blossom like the lotus flower as we evolve from our base chakra and rise up the sushumna stem to each higher chakra into our true unfolding and enlightenment at the crown center, our seventh chakra.

Chakras are also referred to as lotuses, both capable of unfolding to fully blossom. According to Eastern religions the lotus flower emerges upward from the sometimes murky water just as we can choose a path where we emerge from the more physical state of our base chakra. Then we may raise the stem of our sushumna through each evolving chakra, being guided to the light — our spiritual illumination — to rise and evolve into enlightenment at the crown chakra — our thousand-petaled blossom.

PART II

OUR ENERGETIC EVOLUTION

Chapter II-1

Intention and Goals of this Life Evolving Energetics System



The purpose of this chapter is to describe the Life Evolving Energetics System (LEES) that I have developed. This system teaches the body how to energetically cleanse and begin to evolve and heal itself automatically. The body inherently knows how to heal itself, given the proper guidance and tools. I have developed and successfully used Life Force Aphorisms (LFAs) as an initial step to allow the body to evolve naturally.

These LFAs are just the first step, a very important one, because they initiate a major change in our way of thinking — expanding our consciousness to believe that we have the God-given ability and right to be healthy and to heal ourselves. Testing methods are explained in detail so that you may understand exactly what your body is experiencing. The steps given in this book must be utilized and the body sufficiently detoxified before any additional steps can comfortably

be taken. In Part III, I will describe the use of the Energems to neutralize outside interference to the energy systems of the body.

This belief — that I have the right to be healthy — was not something I learned from my former religion. My former spiritual master was in a physical body as well as being a guide on the inner spiritual planes. Looking back now, I see how he was between God and me more than I had realized. Now I am going straight to God and feel more of a direct connection.

My belief system while with this spiritual group was more karma- and lesson-based — if I wasn't healthy, maybe there was something I needed to learn or karma that needed to be settled. I believed that I was responsible for my own well-being, and if something was wrong, I caused it. I still believe that. However, the spiritual leader was not healthy, so how could he teach me how to achieve health? My years of conversations with Rose, and her teaching that God wants me to be healthy, seem to have *finally* sunk into my sometimes very thick skull.

I believe we are in the beginning of a major expansion of our consciousness. I also believe that this expansion of consciousness can trickle down to include using our own power to heal ourselves. Our Energetic Evolution must first begin in our thought patterns before it can manifest in our physical form. This is the beginning of our Energetic Evolution to healing ourselves and our planet.

One reason I have developed the Life Force Aphorism (LFA) cleansing system is that I have never been helped long-term by constitutional homeopathy. If I had, I probably would have stopped searching for other deep-acting methods of healing, when I began to utilize constitutional homeopathy 25 years ago. I believe when it works properly, constitutional homeopathy is one of the deepest acting and most beneficial ways to regain or maintain health and well-being. I have seen beautiful responses to this therapy, but on others, not me.

Over a period of several years I consulted with several well-known and competent constitutional homeopaths. On rare occasions, I would

feel a sense of well-being from a remedy, but only for very short periods of time ranging from hours to two weeks. Those two weeks were wonderful!

I was never able to understand why the remedies didn't last longer. Eventually I gave up on constitutional homeopathy for myself and began to use homeopathic drainage and detoxification remedies. These do not have the deep-acting and healing effects of the constitutionals, but they did help me immensely. Since they are taken several times a day, there was no concern about them being neutralized or not lasting.

With the addition of the LEES energetic work, I again began to experience periods of well-being. These periods of well-being continue to grow, and I need not be concerned that they will all of a sudden come to an abrupt end because a remedy stops working!

My future research will focus on ways to obtain the beneficial effects achieved from constitutional therapy — energetically and naturally.

Gradually, my energetic processes have allowed me to either drastically reduce or eliminate the need for most supplementation and other therapies that I had been doing. This has included elimination or reduction of essences and homeopathic remedies. My need for any additional supplementation or remedies varies according to circumstance and is something that we can each monitor for ourselves on a regular basis. I have accomplished this by gradually introducing energetic thoughts and phrases that I say once a day, usually in the morning. My goal is that the use of these energetic LFAs will gradually become automatic by teaching my body to function, balance and fine-tune itself when and as it sees fit and in its most efficient manner.

This elimination, or at least reduction, in the use of large quantities of supplements and some therapies is one of the most difficult aspects for people to grasp. This requires a change in our thinking. By learning to test and see the results for ourselves, it may be easier to recognize that less can be better — and that we may be stronger instead of

weakened when we eliminate what is not necessary or even beneficial for our well-being.

This does not mean in any way that we won't need medical advice or treatment. When needed, it is imperative to obtain. This approach has been developed to be used by healthy individuals who choose to play a role in maintaining their well-being, and is not a substitute for any medical care. But we do have the power to redirect our thinking and expand our consciousness so that we play the major role in our own well-being.

During one of my first appointments with Rose at my home in Virginia, I asked if she would allow me to test her using my own testing methods. She hesitated, but agreed because she knew that it would help me.

I tested her many times when I was living in Virginia and later while living in Colorado. The results were significantly different from anyone I had ever tested. At the same time, I got a sense of her high standards of integrity and sincere desire to help me. Needless to say, I was very impressed by her test results and was convinced that she had much wisdom and knowledge to share with me.

The recovery of my health has been a very slow but productive process. First I had to heal my basic problems so that I had a firmer foundation on which to stand. I received much insight and many ideas from almost daily discussions with Rose. I didn't always receive specific directions that I could follow to heal myself, however. Her physical health was at one extreme end of the spectrum, and mine was at the other end. Things were automatic for her. She had to take time to slow down her own body in order to feel what was automatic for her. We needed to analyze that information to determine what was the next best step for me. It would not be possible, physically or otherwise, for me to take quantum leaps. I needed to go slowly, one step at a time, both so that I could handle the process and also not miss anything in my testing methods and learning process. I needed to use myself as my own guinea pig.

There were many trial and error “research projects” that I pursued. Some worked well, and some really backfired. Some of the backfires were good ideas, but too powerful for me, at least at that time. Some of the backfires were really physically painful for days, weeks, or months. Some were very close to being beneficial, but something was missing. When I got into trouble, Rose was there to help.

I learned while working with my LFAs that words are VERY powerful. The proper thoughts and intentions are also important, but the words are the most important. The wrong words could put me in bed for days. Changing a word or two could make all the difference. What I will be detailing in Part II are the exact words that I still use today. Any changes to these words should be thoroughly tested in order to avert any potential “backfires.”

While working with the LFAs, my first step was to find the correct words to use along with my thoughts and intentions to cleanse and heal my body. I now spend less than five minutes each morning saying these words — usually to myself, but I do say them out loud when added force is needed. The LFAs and other methods, which I will explain, have allowed me to begin evolving into this energetic healing process.

It is my intention to gradually shift my mind, body, and consciousness so that maintaining a healthy body will be automatic — the expression of a God-given gift we all possess.

What I am detailing here is what has worked for me and more recently others who have followed this method. These are my experiences based on my own work and my consultations with Rose. It is my intent that by using this information as a guideline, you also may be led to your own life evolving experiences.

The path to regaining or maintaining one’s well-being is different for all individuals. It may encompass a combination of methods of detoxification, including clearing toxic and painful emotions, elimination of the source of any environmental toxins, and the release from the body of stored toxins, including inherited ones.

The details given here will show how you can test for your baseline; test which energetic methods may be useful for you; or see if they are currently useful, as well as effective and tolerated for your body. Also, suggestions will be given on how you can monitor your progress and how to better test what is happening at any particular time.

Respect Others and Spiritual Laws

Richard Maybury in *Whatever Happened to Justice?*¹ discusses his formulation of two fundamental laws on which all major religions and philosophies agree. These two 17-word fundamental laws are:

1. Do all you have agreed to do, and
2. Do not encroach on other persons or their property.

This formulation was based on guidelines used by common law judges in order to resolve disputes between persons from different communities or of different religions, and on common ideals held by all reasonable persons. Maybury states: “Each religion or philosophy expresses these laws in different ways but all concur on these two laws — and not much else.”

Please respect spiritual laws and the rights of others when using the Energems or any testing or energetic methods discussed — even if you THINK you MAY be helping them. We each have the right to do as we please for ourselves, but not the right to interfere in anyone else’s life.

Do not use this information to test anyone without their explicit permission.

The Energems are very powerful, even though they were designed to look like attractive jewelry. Do not use the Energems for other than their specific purpose, and for only yourself and family.

How Best to Utilize This Energetic Process

Anyone who is ready to work with the information in this book should have at least a basic understanding of Applied Kinesiology and the importance of cleansing our immediate environment and body of the debilitating effects of toxicity. My suggestion is to first learn to do the testing with your method of choice, with or without a partner. It is not necessary to learn or use all of the charts or test vials — but enough to find your starting point baseline. For excellent sources of other charts, test kits and related resources, see the Resource Guide after Part III.

You will soon learn which charts prove most beneficial or pertinent to you. For instance, some may prefer to test the chakras first and then to test the organs relating to any weak chakra(s). Some may prefer to test the acupuncture meridian alarm points first, and then test those related organs. Others may prefer to test the nutrient points and balance their supplementation program before progressing further.

I think the supplements are a great place to start. If you are taking too many of the wrong nutrients, or not enough of the right ones, that could complicate the interpretation of the results of further testing. An organ could test weak primarily because of an overdose or deficiency in a specific nutrient. Also, test your water and regularly-consumed foods for tolerance, and temporarily remove or reduce the ingestion of weakening substances from your diet. Also begin to take blood cleansing, lymphatic and organ drainage essences or remedies, which can ease any detoxification reactions.

Where possible, eliminate the source of any other toxins in your environment, whether physical, mental, or emotional. Maintain a healthy lifestyle with a good diet and proper exercise for your specific condition.

I recommend the use of an Energem in your home before even beginning this energetic work. Past experience with clients has taught me not to work with people until they are using an Energem in their

home and all the toxins that have been stored in their bodies from these invisible sources (such as geopathic stress and electromagnetic disturbances) are being eliminated from their bodies. Without removing this source of a multitude of toxins from our environment, the testing is much more complicated and the results not as satisfactory. Furthermore, the initiation of the release of toxins prior to eliminating their sources can be very stressful and debilitating to the body. The use of one Energem in the home removes this potential block to healing. This block reduces the effectiveness of other therapies, especially energetic-type therapies. A full discussion of Energems is in Part III.

Once you have placed an Energem in your home, are comfortable with your testing method, have balanced your supplements, have eliminated any offending foods and begun a toxin drainage program, then begin to work with the emotional elements that show in your testing. Unresolved emotions create their own toxins and potentially block healing. For me, the emotional work was long-term and still continuing. The more I concentrate and work on my emotional system, the deeper the insights, my realignment, and increase in energy and sense of well-being. I have found the resolution of old, painful emotions to be essential to our well-being. This emotional work is second only to neutralization of geopathic disturbances, as discussed in Part III.

There are energy and healing ebbs and flows with this work, especially the emotional cleansing. The body reaches plateaus and may need time to balance out and rebuild before progressing to the next stage. During a “quiet” time with the emotional work, begin with a basic LFA, followed by others, preferably in the order given. Start with one at a time, and continue to test how your body responds to each one. Do not add the next LFA until you are stabilized. It is my experience that some LFAs will not cause any additional cleansing or reaction, but daily use of the primary LFA will initiate continuing long-term deep cleansings.

Results

The proof of this work is in the results that you experience. Use the testing to allow your body to tell you what is happening. Feel what your body is experiencing, and be patient. This process has taken me years to develop and interpret its results. It can provide you with an easy-to-use health program that is powerful enough to benefit you for a lifetime. Some of the positive results will be felt immediately, while others are long-term. If in doubt, go back to your basics. Retest to compare the current condition of your body against your starting baseline.

Please understand that the LFAs may sound simple. They are very useful, but also very powerful. Some can go so deep to cleanse inherited toxins and miasms from our DNA. Work with them responsibly. Now, begin your own personal program to well-being!

Desire to Learn Testing and/or Healing Methods

If you have no interest in learning to test or utilize these energetic healing methods, you may choose to skip to Part III now. If you are interested in learning more about healing itself, then skim through the rest of Part II.

Precaution During Testing

With all testing, you are not asking or inviting in an outside source. You are merely communicating with yourself or assisting someone

else with their own communications. You can ask for God's protection and guidance, if desired.

When I test other people, especially without them present, I think about how I am "accessing their information only" so as not to take on their frequencies or get drained by the testing.

Chapter II-2

Testing Methods



Reasons to Test and Basic Methods You Can Learn

The testing that I do is not from any particular methodology in its pure form. I have combined testing techniques and also have developed many of my own that have been beneficial. You may use any method or combination of methods you find suitable.

I have assumed that anyone who reads this book has at least a basic knowledge of alternative healing and kinesiology testing. If not, the books listed in the next paragraphs can give you that background. I will also detail my preferred kinesiology testing method here. There are many excellent books available now that can teach you not only how to muscle test, but also how to utilize the information that is accessed as a result of the testing. That information is what these

methods are all about — giving each individual direction into their own healing and well-being on their mental, emotional and physical levels. Details of how to test specific things will be given. There is an unlimited amount of information that you can access through your testing, virtually all things which influence any aspect of you, both positively and negatively. These include your food, water, electromagnetic and geopathic interferences, supplements, remedies, herbs, colors, clothing, shoes, eyeglasses, jewelry, gems, music, art work, fabrics, synthetic materials, cosmetics, soaps, household products, and most significantly — your thoughts and emotions.

There are also classes that are given. One of the first books that I studied was *Touch for Health*² by John Thie. It illustrates and describes how to test each individual muscle & also shows their associated reflex points and nutritional needs. This book, as well as the others listed, is available from Amazon.com as well as from many other sources. There is also a Touch for Health Kinesiology Association listed in the Resource Guide, which is geared towards helping nonprofessionals. John Diamond's Behavioral Kinesiology book *Your Body Doesn't Lie*³ is another excellent book. I attended many of Dr. Diamond's seminars during the 1970s and was fascinated by his research. I believe he brought kinesiology to another level and made it much more useful and user-friendly, especially for nonprofessionals. Dr. Diamond demonstrates how to use one particular muscle, the deltoid, for all testing procedures, so that it is not necessary to learn to test all the muscles.

Another book that I believe would be very valuable for its illustrated charts and easy-to-follow suggestions is *Your Body Can Talk*,⁴ by Susan L. Levy, D.C. and Carol Lehr, M.A. Also recommended is *Applied Kinesiology, A Training Manual and Reference Book of Basic Principles and Practices*⁵ by Robert Frost, which is a very detailed book designed primarily for practitioners. *Power vs. Force, The Hidden Determinants of*

*Human Behavior*⁶ by David R. Hawkins, M.D., Ph.D. is also excellent. Dr. Hawkins discusses the validity and reliability of muscle testing, making the point that kinesiology testing is more accurate than some conventional medical tests: “The results, in fact, are more consistent than conventional diagnostic methods used in traditional methodology (that is, a weak heart never tests strong with kinesiology, but may give an erroneous normal EKG tracing — this is a well known fact).”⁷ Dr. Hawkins has developed a system whereby he makes statements relating to current or past situations (not future) relating to almost any subject and then muscle tests to determine their validity. I also developed a similar-type method to use to determine potential influences on my health.

Self-Testing

If you plan to do the testing by yourself, other methods are necessary. All of the same charts and information may be used, but another way of testing must be utilized. There are two options available. The first is to learn to do O-Ring testing developed by Yoshiaki Omura, M.D. This method can be utilized by either one or two people. The person to be tested uses their non-dominant hand and touches the tips of their thumb and little finger together, forming an “O.” Fingers other than the little one may be used, especially if this one tires from overuse. Either that person or the tester then attempts to pull those two fingers apart. If you are using this method by yourself, then use the fingers of the dominant hand to try to push the fingers apart on the non-dominant “O” hand. I use primarily the thumb and middle finger on my dominant hand to test the strength of my non-dominant hand. Separation of the fingers indicates a weakness. The finger strength represents the weak or strong muscles, just like any other tested muscle in the body.

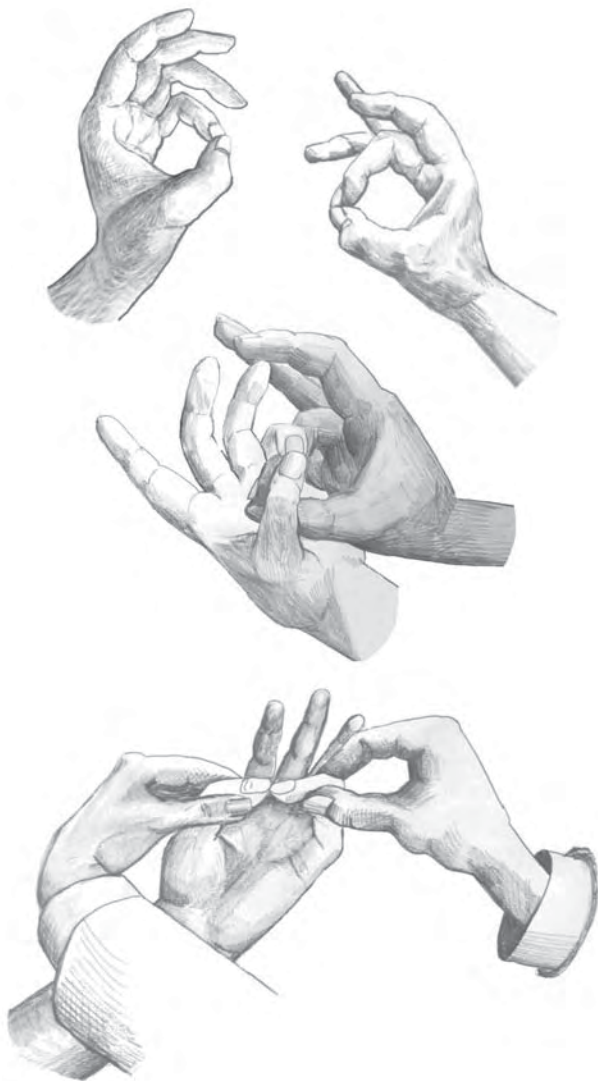


Figure 1. O-Ring Testing

The second method is to use a pendulum to do radiesthesia. A number of radiesthesia books, as well as pendulums, are available from Amazon.com. I have done both types of self-testing and feel more comfortable using a pendulum.

When I first began to use a pendulum, I gained an understanding of its responses by holding it over a battery. The positive side of the battery gives your positive (strong) response on the pendulum and the negative side of the battery shows your negative (weak) response, whether the movement is clockwise, counterclockwise, or back and forth. A basic pendulum can easily be made by attaching a string to a spool of thread, or anything else small enough with an opening.

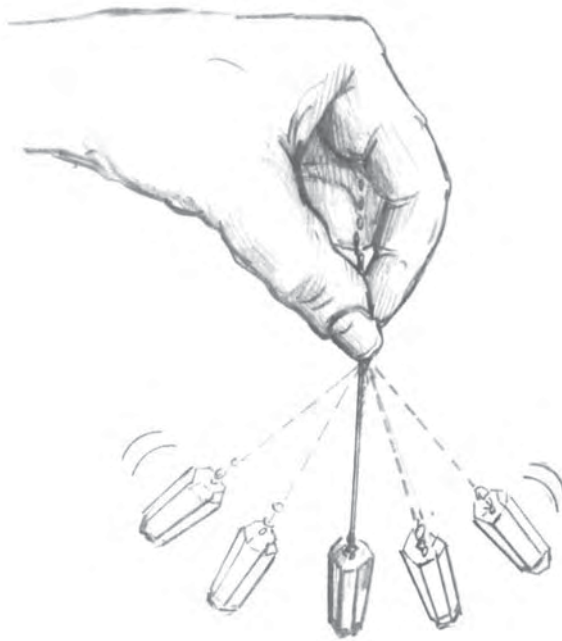


Figure 2. Pendulum Testing

My Preferred Testing Method

The kinesiology testing that I prefer is what I learned from Dr. John Diamond. He almost exclusively used the deltoid muscle, which is located on the shoulder and upper arm. This testing is done with a testing partner. Before testing others, balance yourself.

I learned to do this testing standing up, but now quite often sit to test, depending upon what is being tested. If I need to touch reflex points, the testing is done with both of us standing. If I am using vials to test, we sit.

I am right-handed so I always use the left arm of the subject being tested, who I shall refer to as the “testee.” We face each other. I place my left hand on their right shoulder and stand to the right so that we are not looking at each other. What they look at during the testing is critical. They should be looking at something neutral — not a person or object which could individually influence the results of the testing. The testee extends his left arm straight out to the side, parallel to the floor, and level with his shoulder. With my right hand placed on his extended arm, just above the wrist, I tell him to “resist” or “hold,” and I apply pressure. The pressure is applied gradually/evenly — not too fast for him to respond, nor too slow to fatigue his muscle strength. While pressing, feel for a bounce in the arm. That is generally a positive sign of strength. The tester is not seeking to overpower the testee — just to find their level of strength.

With practice, the right amount of pressure to use is learned and whether a muscle is strong or weak can readily be determined.

The muscle should test strong before proceeding. If it does, then test to know what a weak muscle feels like by having the test subject hold a substance that generally tests weak. Refined white sugar usually works, but may not work immediately after a meal. Holding a battery generally produces a weakness, if it has not been “neutralized” by use



Figure 3. Kinesiology Testing Position

of an Energem. Other substances such as chlorinated water, plastics, or alcohol will produce weakness, as well as holding your breath for a few seconds.

All methods of testing require practice to become proficient. To confirm whether your testing seems to be consistent or not, repeat the same tests and also keep a sample of substances handy to which you generally test strong and others to which you generally test weak. If your testing does not seem logical, then walk away, and continue it at another time.

Surrogate Testing

If your test subject is too young or unable to be tested (including pets), then you can either test through another individual by using his muscle or you may do it yourself using the self-testing methods. When using another individual (surrogate testing), have that person place a hand on the test subject (in a neutral body location) and then continue the basic testing. To test reflex points, touch the points on the subject (not the surrogate) being tested. If you are using a pendulum, place your hand on the test subject. If you are using the O-Ring test method, which requires use of both of your hands, then you must touch the reflex points and then immediately test your finger strength. If testing nutrients, food, water, etc., either have the subject hold those substances in his mouth or hand (whichever is most appropriate for the substance being tested) or place them on his body, generally over the solar plexus area. If there is a general weakness found, then move the hand that is on the subject to an area that is stronger (and note what area was weak). Testing may also be done by keeping a “witness” such as a photo or hair sample in your pocket. Then continue testing (accessing the information) as though you are testing yourself.

Switching

“Switching” can cause the testing results to be reversed. It results from an information transfer problem from the right and left hemispheres of the brain. Switching gives opposite readings. A left-sided problem may show on the right side when switching is present. When I am switched, I find myself turning the water knob in the shower in the opposite direction of what I really want. If I’m not alert to this, I find out the hard way!

To test for switching, touch two different acupuncture points. First test by placing two fingers in the subject’s navel. If the muscle tests strong, then place fingers on the acupuncture points K27, the end points for the kidney meridian (see Figure 4A). K27 is located just below the clavicle (collarbone) where it meets the sternum. This is on both sides of the body, and fingers from one hand can be placed on both sides at the same time. If this is strong, generally there is no switching present. If any of these points are weak, switching may be present. To temporarily correct this, deeply massage those same three points for about 30 seconds. Then retest. If strong, proceed with the testing, but retest those points every few minutes to confirm you are receiving accurate results. If massaging the three points does not strengthen the navel, this weakness may be related to something else. Some testing systems test for a magnesium or manganese deficiency by testing with two fingers touching the navel. If the switching persists, consult a professional kinesiologist to determine if the cause is a structural, chemical or an emotional imbalance. He or she can correct that imbalance.

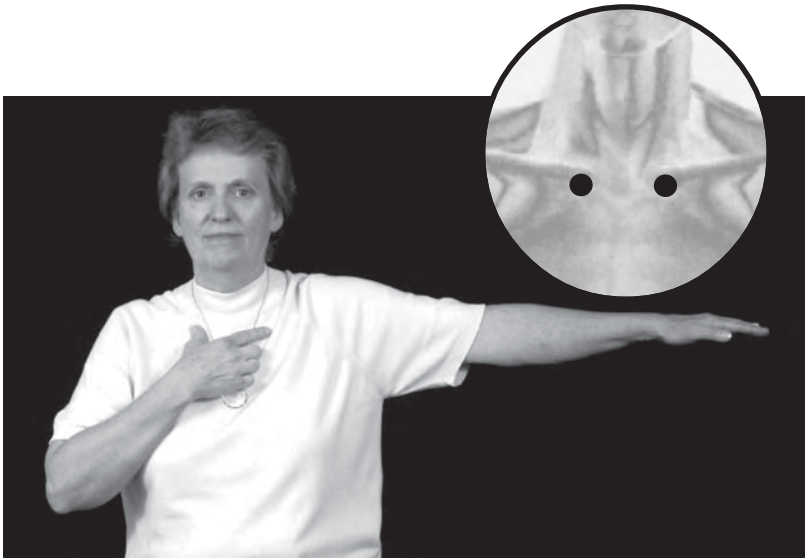


Figure 4A Testing K-27 for Switching



Figure 4B. Testing Belly Button for Switching

Test Form

A “Test Form” is located in the appendix of this book and can also be accessed for copying at **www.energems.com**. This form can be utilized as a guide in the testing procedure as well as being completed during each testing session. The sequence in the form follows as much as practical the sequence in the book, so I suggest referring to the form as each section is studied.

Testing Weaknesses

Don’t be alarmed if many things are testing as weak. This can result from any number of sources. As Rose quite often reminded me, a weakness is not necessarily bad. Weaknesses in the testing can show when positive changes have been made and the body is realigning, especially if the lymphatic system is overloaded. It may be a minor imbalance. It is best to initially have these imbalances evaluated by the appropriate professional practitioner, and essential if the heart tests weak. It may not be the best time to do any further testing or any additional therapies. If appropriate, increase your water intake and use of drainage essences, and give your body rest and time to respond, especially before initiating any further cleansing.

The Evolution of My Testing Procedures

As explained in Part I, the Vega testing system was developed in 1978 by the late German physician, Helmut W. Schimmel, M.D., D.M.D. He was influenced by Reinhold Voll, who had created an electro-acupuncture device in which energetic vibrations from acupuncture points were measured via a low-voltage circuit created between each

of the many acupuncture points and the patient's hand. An abnormal reading was an indication of inflammation, toxicity or disease of the organ associated with the acupuncture point. He also discovered that the correct remedy, when placed within the circuit, would return the measurement to normal. This system, Electro-Acupuncture According to Voll (EAV), was used by Dr. Schimmel, which he later refined and simplified with a system he originally called the Vegetative-Reflex-Test, but thought a better English name was the Autonomous Reflex Test (ART).

Where EAV requires testing of many acupuncture points, the simplified Vega ART system replaced those points with test vials, which contain homeopathic remedies with frequencies that resonate with various pathologies, syndromes, toxins, organs, allergies, etc. Each vial is placed within the circuit, with only one indicator measurement point on the body used to complete the circuit. Schimmel discovered that using the vials was the equivalent of asking the body questions, with the test response being the answer. He also discovered homeopathic preparations that he could use to ask whether the remedy was effective or tolerated by the patient, another important improvement over EAV and all other testing methods. Schimmel did state years later that his system was getting more complicated because of all the new vials that had been developed. That may be, but the more vials there are, the more detailed the information that can be accessed.

Roy Martina, M.D., C.A., D.Ht., developed the Vega BioKinesiology method. He had studied with Dr. Schimmel and had used the Vega test equipment and the ART method. He was living in the Caribbean when his Vega test equipment stopped working. It would have to be returned to Germany to be repaired. Out of necessity he developed the Vega BioKinesiology system in order to continue the testing of his patients. Martina merged the Vega system with Applied

Kinesiology (AK), the muscle testing procedures developed by George Goodheart, D.C., and the Behavioral Kinesiology (BK) single muscle testing method later developed by John Diamond, M.D. This precluded the need for any testing equipment. When I learned of this new system, it seemed made-to-order for me. I had studied EAV and had two EAV machines, but also used a lot of AK and BK testing. The more I learned about Vega BioKinesiology, the more I knew that was the primary method for me.

There is much more to the Vega ART method, as well as the other methods I discuss. It would be very beneficial for anyone learning this method to first be evaluated by a professional.

I have combined all of these methods as my foundation to build upon and further my research. The testing methods I am describing do not reflect the “pure” form of any of them. This is my interpretation and use of these methods that has worked for me for many years.

Chapter II-3

Testing Procedures



Use of Test Vials

It should be understood that neither these test vials nor testing methods or methodology systems are capable of diagnosing any illness or disease. They are used only as guides to help determine what methods and lifestyle changes are best for our continual enhancement and well-being.

The Vega test vials are made of one or more substances, generally homeopathic remedies. The frequency of each vial produces a question which we are asking each time we use a vial to test. We should focus on the question the vial is asking, but not predetermine any answer. The strengthening or weakening of the muscle tested is our body answering our question. It is not us asking the question — it is the vial — but we do need to learn how to interpret the answer correctly.

I place all testing vials and remedies in a testing “honeycomb,” which is connected to a hand-held metal electrode that completes the circuit with the testee. This eliminates any other person’s fingerprints (energies) from interacting with the vials. If you test people outside of your immediate family, you may want to place the vials on the testee’s solar plexus area instead of in their hand, or place them in a handheld container. How you place the test vials should depend upon your particular circumstances; the results will be the same.

Useful Testing Kits/Vials to Acquire

I possess hundreds, if not thousands, of test vials, essences, remedies and supplements. I use these for my testing and research. If or until you have acquired the proper testing vials, you may choose to write down the name of what is to be tested. It is not the way I test unless there is no other way at that moment or until I can acquire or determine the needed vial. It has worked for me and others. In that light only, I am suggesting that “written” vials be temporarily used. The written word does carry the energy of the substance or subject. As an example, if you wanted to test for a disturbance from an electromagnetic field (EMF) using the Phosphorus 60X vial, then write down “Phosphorus 60X” (without the quotes) on a separate small piece of paper, and use that as a testing vial.

Listed below are basic test vials beneficial to begin this work. Most of them are homeopathic remedies and can be acquired through homeopathic pharmacies (see Resource Guide). Details of the use of these testing vials, as well as useful organ vials, will be described in later chapters.

Basic vials that are a part of the Vega ART method that I find very useful and that help fine-tune the testing are:

Testing Purpose	Vial Content
Effective/Treat	Ferrum Metallicum 12X
More Effective	Plumbum 800X
Tolerated	Manganum 30X
Well Tolerated	Hypothalamus 800X
Intox I, Key Toxin	Chromium 400X
Intox II, Second Key Toxin	Combination of Chromium 30X, 60X, 400X
Intox III, Miasm	Combination of Chromium 60X, 400X, 800X
Layer I, Acute Physical Energy	Platinum Metallicum 200X
Layer II, Emotional & Neurological Energy	Platinum Metallicum 800X
Layer III, Deeper Levels	Combination of Platinum Metallicum 200X, 400X, 800X

If the combination potency vials cannot be obtained, acquire one of each potency and tape them together for testing purposes.

To test for electromagnetic and geopathic stress:

Electromagnetic Disturbance, EMFs, Including Intraoral Galvanic Currents	Phosphorus 60X
Radioactive Energetic Interference (From Any Source)	Radium Bromide 1000X
Geopathic Stress	Silica 60X or Lithium Carbonicum 30X or Lithium Carbonicum 60X

Testing Organs Using Vials

In Vega testing, the organ test vials are made using the 4X homeopathic potency. In the absence of the vials you could also write down the organ name and homeopathic potency (such as 4X for organs).

Basic organs which you can test are:

Stomach 4X

Colon 4X

Lungs 4X (or Right Lung 4X, Left Lung 4X individually)

Pancreas 4X

Thyroid 4X

Heart 4X

Liver 4X

Gall Bladder 4X

Bladder 4X

Kidney 4X (or Right Kidney 4X, Left Kidney 4X individually)

Prostate 4X

Ovaries 4X (or Right Ovary 4X, Left Ovary 4X individually)

Spleen 4X

Small Intestines 4X

Ileocecal Valve 4X

In all my testing descriptions I am assuming that you are starting with a strong indicator muscle. These Vega ART-type test vials can be used with various testing methods. Generally, a weakness that shows up would indicate a resonance, indicating an involvement with the particular organ being tested. The first step is to test an indicator muscle “in the clear.” “In the clear” means to test it by itself to see if it is strong or weak. If a strong indicator muscle in the clear then tests

weak while holding a “Stomach 4X” vial (or substitute written vial), then there is something occurring with the stomach that may (or may not) need to be addressed. Usually it does need to be addressed. A weak organ generally represents a stressed organ. The next steps would be to test to find the most stressed organ(s) and the source of the stress. Most Vega-type test vials act in this same manner, **i.e., a weakness from testing a vial indicates a resonance with whatever that particular vial represents.** In each section that follows, I will state what the weak or strong muscle indicates.

Therapy Localization (TL)

One way to test organs if you do not have the vials is to Therapy Localize (TL), which is an AK method used to determine where an area of disturbance in the body is by touching areas of the body such as organs or reflex points to see if there is a corresponding change in muscle strength. Painful areas can also be tested by TL. If a painful area does not give a different result by TLing it, then squeeze the area, hold the squeeze and retest. Shown are anatomy charts illustrating the major organs of the body. To use TL to test organs, place the palm of your hand over them. If a strong muscle goes weak, that means there is a current imbalance or stress in that organ. *Your Body Can Talk*⁸ goes into greater detail on how to TL the major organs.

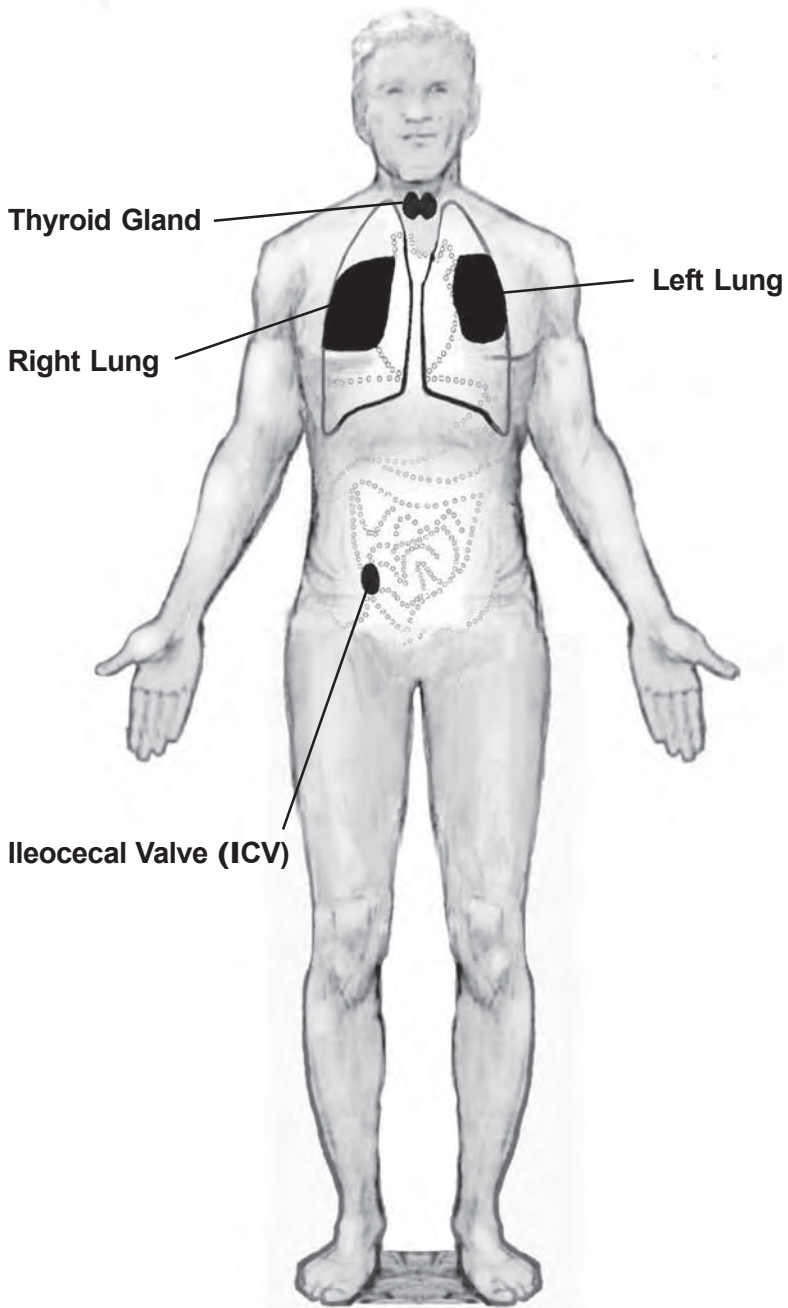


Figure 5A – Therapy Localization (TL) Testing — Front
TL darkened areas in organ outline to test

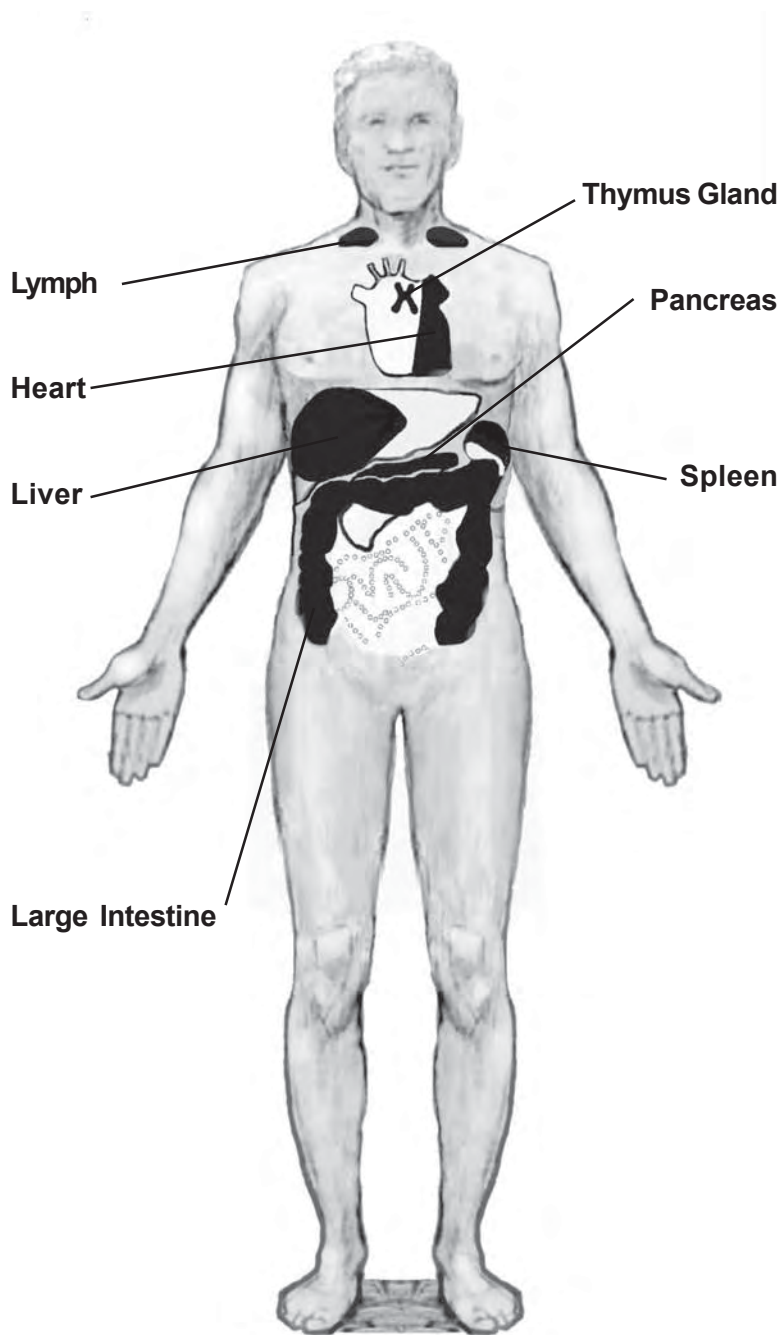


Figure 5B – Therapy Localization (TL) Testing — Front
TL darkened areas in organ outline to test

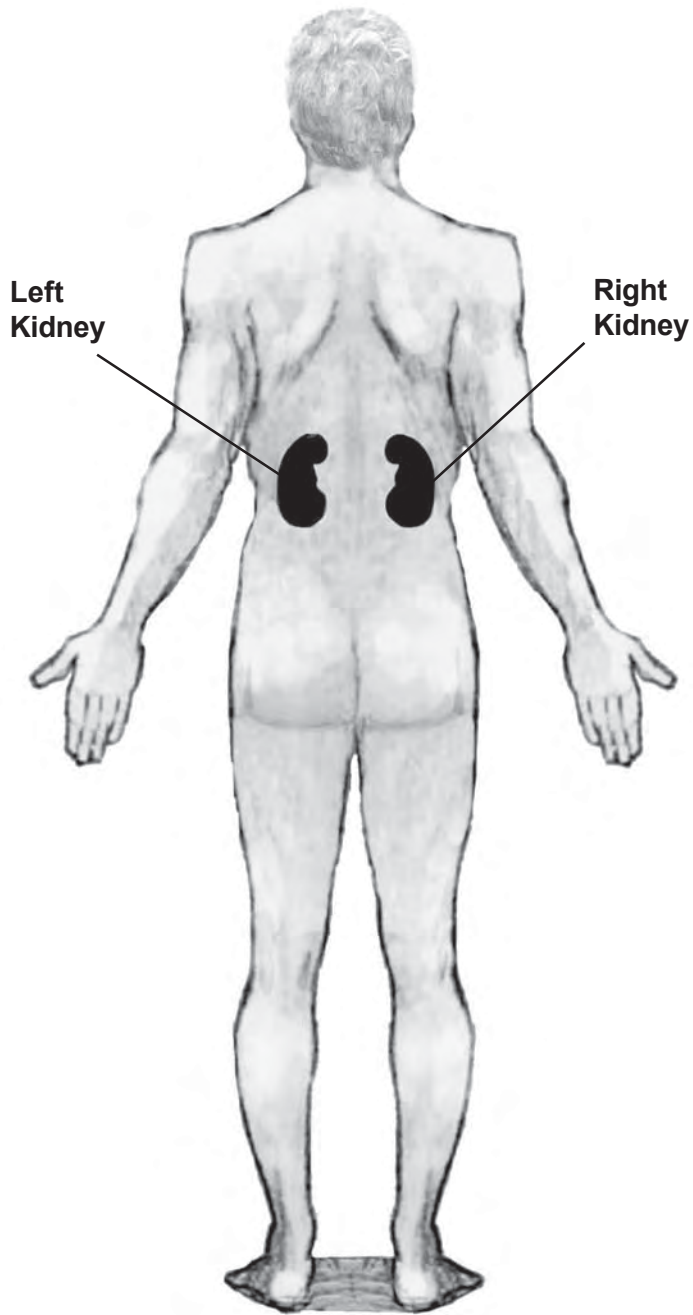


Figure 5C – Therapy Localization (TL) Testing — Back
TL darkened areas in organ outline to test

Intox Vials for Prioritizing Key Toxins

I regularly use the Vega Intox test vials. I was very much drawn to the Vega system because of the use of these primary test vials. The use of these Intox vials allows the major key toxins in the body to be prioritized. The key toxins are those toxins that may be blocking important metabolic functions in your body, but are not necessarily the most toxic substance in your body. As that key toxin is either being or has been released, the next **prioritized** toxin will show. Other testing systems may show ten or more toxins in the body, but give no indication of which should be addressed first. The use of this method is much easier on the body. Instead of releasing many toxins at one time, only one or two at a time can be addressed. This also would aid in keeping the blood, lymphatic systems and organs of elimination from becoming too congested and taxing the body too much.

The Intox vials are:

Intox I – Key toxin. The Intox I vial designates and prioritizes the main toxin in the body. First place the Intox I vial within the testee's energy field (such as in a honeycomb, their hand or on their solar plexus area). If it weakens a strong indicator muscle, there is a key toxin present. While the Intox I vial is still within their energy field, add the "Effective/Treat" vial. If the muscle is still weak, that means "don't treat," and that the body is not ready to begin to eliminate that toxin. Generally there are other things going on in the body that need to be addressed first. At this point, test the organs of elimination such as the kidneys, colon, lungs and skin and their need for drainage remedies. Quite often blood and lymph drainage needs to be initiated first. Also test for geopathic stress, supplements, water and foods to see if there is something that is not beneficial at this time that might be interfering with the progress.

When the muscle tests strong when holding both the Intox and “Effective/Treat” vials, it means that the body is ready to eliminate this toxin. With just the Intox I vial still in place, test to see which toxin is relevant. This requires the acquisition of samples of toxin-specific or toxin-neutralizing remedies (generally homeopathic, although nutrients, herbs and even foods could be tested). See the Resource Guide for that information.

The primary toxins to be tested I have divided into two categories — core toxins (dead) and scavengers (live and parasitic). These will be more fully defined later. This list includes the primary toxins, but not all the potential ones.

Core (Dead) Toxins:

Radiation

Insecticides

Geopathic and electromagnetic stress

Air pollution

Toxic metals

Food additives and preservatives

Solvents

Chemicals

Pollution

Dental materials

Painful emotions

Root canal toxins

Scavenger (Live) Toxins:

Bacteria

Virus

Fungus/yeast

Parasites/nematodes

Rickettsia (between the size of a virus and bacteria).

Root canal toxins

Root canal toxins are the only ones that I have found that can act as both a core and a scavenger toxin.

With the Intox I vial still in place, test until one of the toxin-neutralizing remedies strengthens the muscle. If one is not found, then Intox I may be indicating an emotion. (This result, and a short cut to test for an emotional key toxin, will be described later.) The remedies to be tested are designed to neutralize specific toxins. The remedy that strengthens the muscle weakened by the Intox vials tells me what that toxin is. Many remedies can be tested at one time. If the testee is holding 10 remedy vials and one of them is strengthening, then I divide them into 5 remedy vials and so on until the correct remedy is determined.

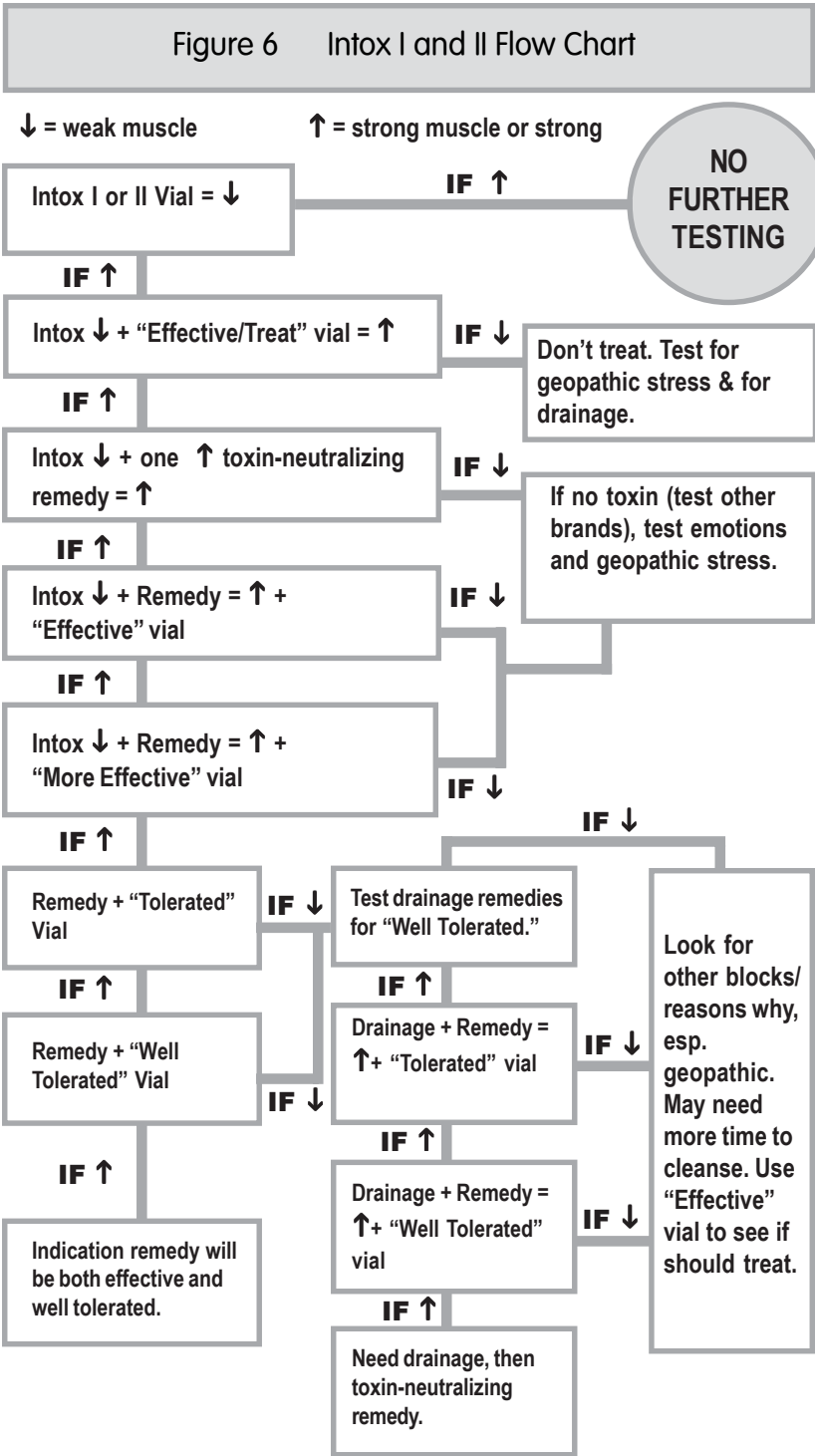
Then, while testing using the Intox I and the correct remedy (muscle now strong), also test the “Effective” vial. If this tests strong, the remedy is effective and is probably going to work. The “Effective” vial can be replaced with the “More Effective” vial and tested as another confirmation that the correct remedy has been found. Generally, I would not take something unless both of the “Effective” vials were strong (as well as “Well Tolerated”).

Then have the testee hold just the effective remedy and test, one at a time, the “Tolerated” and “Well Tolerated” vials. If the remedy is not tolerated, then further work is necessary to determine why. There could be a substance in the remedy that is not good for the person. First, look at the blood, lymph and elimination organs. The testee can also hold a drainage remedy and test it for tolerance. If it is tolerated, then also hold the remedy that tested as effective using Intox I. While holding both remedies, then add, one at a time, the “Tolerated” vials. If the Intox I remedy is now strong, then you know that you need more drainage before taking the Intox I remedy.

I use the term “remedy” because I believe that homeopathic remedies are very powerful cleansing and healing substances. But “remedy” can also relate to testing herbs, supplements, essences, foods, etc. — whatever works for you and is your current preference. Later we will add the use of the Life Force Aphorisms, which at some point will make the use of remedies less important or even not necessary on a long-term basis. My primary function of testing the Intox vials is to determine what the key toxins are, to test to see if the **source of the toxin** has been found and eliminated, and to track if they are leaving the body or not. If the source of the toxin has not been eliminated, it will be more difficult to eliminate it from the body and probably impossible to completely eliminate it.

This procedure may seem complex when reading it, but once you master your method of testing and begin the process, it is very simple. It would be much easier and quicker to demonstrate. You will also begin to see the unlimited flexibility this system offers and find your own ways to test or cross-test.

Intox II – Secondary Toxin. Intox II can be tested just after completing the testing of Intox I. Intox II represents the second primary toxin in the body. The procedure is exactly the same as for Intox I.



Intox III – Miasms. Intox III represents very deep toxins, generally miasms, that may be found in the DNA. These toxins were generally inherited, but now with all the toxins present in our environment, they can also be acquired. These miasm toxins can be anything that your body has reacted to on a very deep level and has stored. These miasms can also be tested using the *nosode* (same substance as the disease/miasm) itself in the 200X potency.

Old, generally inherited miasms:

Carcinosinum 200X – Cancer miasm.

Medorrhinum 200X – Gonorrhea miasm.

Psorinum 200X – Psora miasm.

Scirrhinum 200X – Breast cancer miasm.

Syphilinum 200X – Syphilis miasm.

Tuberculinum 200X – Tuberculosis miasm.

New, generally acquired miasms:

Arsenicum 200X – Virus miasm (but has also been used to indicate an excess of protein in the diet).

Aurum Metallicum 200X – Emotional miasm.

Mercurius Sol. 200X – Heavy metals miasm. Also use the 200X potency of any other toxic metal.

Petroleum 200X – Petrochemicals miasm.

Phosphorus 200X – Radiation miasm. (Phosphorus in its homeopathic form has also been used to treat radiation sickness. Can also indicate that fat intake in the diet is too high.)

Sulphur 200X – Immune system miasm. (Can also indicate that starch intake in the diet is too high.)

Thuja 200X – Focal disturbance miasm.

Vaccinium 200X – Vaccination miasm.

I strongly recommend that you DO NOT treat these miasms yourself. In the “Emotions” section I discuss a relationship I found where an unresolved painful emotion initiated a tuberculosis miasm. That miasm was automatically released by the body as a result of the treatment of the underlying emotion — not the miasm. I am detailing this information so that you can know what is happening with your body and be in control of what you choose to do. Homeopaths generally use high potency remedies to treat miasms — and only at the appropriate time. They are very skilled to know when and how to treat these miasms. Improper treatment could result in severe reactions and delays in healing. Seek appropriate medical guidance.

With miasms, we are dealing with the “energy” of the disease/toxin, not the disease itself. What I have found, especially with my acquired miasms, was that I would release the actual material toxic substance first and then it would show as a miasm. At that time I was using homeopathics on myself and would take the appropriate remedy in the appropriate potency to eliminate the remaining “energy” of the disease/toxin from my system. Elimination of the miasm — “the stored energy” — can be as or even more uncomfortable as the elimination of the actual toxin.

With the use of the LFAs, I find the miasms leaving when my body determines on its own that the timing is right.

For use by practitioners, there are two different ways to test for miasms. These days people will generally have many miasms present. There could be a Vaccinium miasm for every type of vaccination the person has ever had. My body started releasing the vaccination toxins

soon after I had eliminated the mercury in my system that was a result of my amalgam dental fillings. I discovered through testing that they were the vaccination toxins at least partially leaving the same way they went in — through my skin. I used vaccination nosode remedies in the 200X potency to test to determine which vaccinations were being eliminated, such as Polio 200X or Small Pox 200X. I began to notice small black and blue areas on my body. Some were very painful, especially the polio. Since I grew up in the military, with the expectation that we would be stationed overseas, I had a full series of vaccinations. While getting the first one that I remember, at about age four, I kicked so much it took four or five nurses and doctors to hold me down. Intuitively, I knew my body didn't want that substance. That was confirmed when the vaccinations began to leave my body totally on their own. This happened even while living in my toxic home in Virginia.

I test Intox III the same way as Intox I and II; but I include the Layer III vial with the testing (described next). If Intox III causes a weakness, then I find which of the miasm vials strengthen that. With the miasms, I consider it VERY important to test using the “Effective” vial to see if I should treat. If it tests “Effective,” then I would use the Intox III vial to see which remedy is effective (it's not necessarily the nosode), and then use the “Tolerated” vials to find the “Tolerated” potency. I needed a high potency for a miasm, such as a 1M, 10M, or even 50M, perhaps because of the toxicity in the house. These high potencies are totally “energy” potencies driving out “energy” toxins.

Another way to test for a miasm is to hold each 200X miasm vial. As an example, if holding the Phosphorus 200X vial causes a strong muscle to weaken, that MAY indicate a radiation miasm (or a high fat diet). I would also confirm it by first testing the Intox III vial. If that is weak, then I would hold the Phosphorus 200X vial. If it then tested strong, that is a good cross-test to further indicate that there probably is a radiation miasm (and not necessarily a high fat diet). I could also

go further by using my geopathic test kit to possibly determine the source(s) of the radiation. The vial(s) in the geopathic test kit that strengthen the muscle while holding the Phosphorus 200X would indicate a resonance and a good probability of one of the sources of the toxin.

While testing the 200X nosodes, generally all current miasms will show. While testing the Intox III vial, generally the primary miasm will show. This is where it is critical to test using the “Effective” vials. Again, it is important to establish priorities in order to detox in the order and at the rate appropriate for the body.

Also while holding any of the Intox vials that test weak, they can be cross-tested on body reflexes such as Therapy Localizing (TL) organs, meridian alarm points, chakras, etc. to see what areas of the body are being affected by it.

Again, I do not suggest that anyone treat miasms without full knowledge of what they are doing. Please see a professional. This information is given so that you may track what is happening in your own body. Homeopaths, especially, are very powerful. I have discussed how I was very sick for months from taking a high potency remedy. It could have been the right remedy, but for sure it was the wrong time. I was not yet strong enough. What is powerful when used in the proper manner can be just as powerful, or devastating, when not used properly.

Testing Layers

Three different layers can also be tested. With no “Layer” vial used, generally Layer I is accessed. The appropriate layer to test should be determined at the beginning of each testing session. I hold the “Effective” vial and then test each of the three layer vials individually. The layer vial that tests strong with the “Effective” vial is the layer that the body is currently resonating to. Doing this also prioritizes and

directs me to what my body needs to work on most. I use these layer vials while testing using the Intox vials. For example, if I want to test emotional issues, generally my testing is more accurate if the Layer II vial is held. The appropriate vial is held throughout that testing session. If I am testing reflex points or nutrients, etc. the Layer vials are not used.

Layer I	Physical plane, more acute toxicity level, extracellular level, organ function.
Layer II	Emotional plane, deeper level, neurological system, meridian function, cellular membrane level, slow metabolism.
Layer III	Mental and spiritual plane, deeper chronic level of diseases and traumas, inherited tendencies and miasms, chakra function, intercellular fluid level, endocrine system.

Patterns and Causal Chains

According to Dr. Schimmel: “Organs and organ systems are linked with one another in chain-like fashion, physiologically and pathophysiologically.”⁹ The concept of causal chains and patterns has been known to the Chinese for over 2000 years, but was rediscovered and renamed by Dr. Schimmel.¹⁰ Causal chain testing is used to determine the “cause” organ(s), as well as other organs involved in the same health concern. It can show the primary organ(s) to treat. It also shows which organs are likely to be strengthened once the primary organ(s) of the causal chain is treated. The testing of these causal chain patterns is more advanced than previous methods. It can be very beneficial, but is not essential to learn. It is added here for those who prefer to fine-tune their testing.

Dr. Schimmel explains that before morphological damage to the maximally stressed organ has occurred, “disturbance energy” is transferred to other organs as our body’s way to protect itself and maintain homeostasis.¹¹

ORGAN RELATIONSHIPS

Dr. Schimmel has found a close relationship primarily between the pancreas and the prostate or ovaries, and also to the heart and joints. He states:

“I would even go so far as to acclaim an ailing pancreas to be the ‘heart killer,’ responsible for many cardiac infarcts [areas permanently damaged through oxygen deprivation]. In two decades, I have seen no heart disease without the involvement of the pancreas.

“In many cases the cardiac symptoms spontaneously vanish after successful therapy aimed specifically at the disturbed pancreas.”¹²

Often symptoms are caused by an organ that is not the primary cause. This is especially true with the pancreas. If not corrected at an early stage, symptoms may be felt (and more easily diagnosed) in the other organs, such as the prostate, ovaries, heart and joints. He has also found cases of arthritis stemming from a disturbed pancreas.¹³ Again, find the source — the source organ — as well as the source of the problem. If the source organ is not treated, the symptoms, even if stemming secondarily from another organ, will generally not be eliminated.

USING ORGAN VIALS TO DETERMINE THE CAUSAL CHAIN

The same 4X organ test vials can be used to determine the “cause” organ(s) of a particular problem and possibly the head of the causal chain. Dr. Schimmel found certain organs, especially the pancreas, but also the liver, the gall bladder and their ducts, and the large and small intestines, as well as the kidney and the sinuses, to be diseased or dysfunctioning in people with chronic health problems. To test the causal chain, first test to determine all of the organs that test weak with the various organ 4X vials. But not all weak organs will necessarily be involved with one particular cause or any causal chain. There can be more than one.

While holding one 4X organ vial which tests weak, hold a second 4X organ vial that also tests weak. If the second 4X vial strengthens the first weak vial, that means they are related and that the first vial is having an effect (causing) on the second vial (the first is higher on the energy chain):

If second vial tests strong, then first vial is **causing/affecting** the second vial. (See Figures 7A & C)

First organ 4X **causes/affects** second organ 4X (if strong). (See Figures 7A & C)

It is also possible for both organs to “cause/affect” each other.

I start with the gall bladder or pancreas vials and work my way through. For example, if gall bladder 4X, kidney 4X, lung 4X, colon 4X and pancreas 4X all test weak, hold the gall bladder 4X vial and then hold another vial such as the kidney 4X. While holding the first vial to do this testing, I am thinking: gall bladder (first vial) CAUSING kidney (or second vial). If the kidney 4X is now strong, then the gall bladder causes the kidney weakness. (See Figure 7A). Then test holding the kidney 4X first and then test the gall bladder 4X. If the gall bladder is now weak, then the gall bladder is affecting the kidney, but not vice versa. (See Figure 7D).

Then I would hold the gall bladder 4X vial and test another weak organ, such as the lungs 4X vial. If the lung 4X vial is strong, then the gall bladder causes the lung weakness. Again reverse the testing by holding the lung 4X vial and test the gall bladder 4X vial. If the gall bladder 4X is weak, then the gall bladder is still ahead of the kidneys and lungs in the causal chain. Then I would hold the gall bladder 4X vial and the pancreas 4X vial. If the pancreas 4X vial is still weak, then the gall bladder is not affecting the pancreas, and the gall bladder may not be the head of the causal chain. I would reverse the testing and hold the pancreas 4X vial first and then test the gall bladder 4X vial. If the gall bladder 4X vial is now strong, that means that the pancreas is ahead of the gall bladder in the causal chain. If the gall bladder 4X is weak, then those two organs are not related to the same concern. In that case, complete the testing of the other organs, using gall bladder 4X as the potential head of the causal chain.

If the pancreas 4X caused the gall bladder 4X to be strong, then I would go back to retest the kidney 4X, lung 4X and all other organ vials that tested weak. If holding the pancreas 4X vial caused the other organ 4X vials to be strong, then the pancreas is the head of the causal chain.

Figure 7 Test to Determine Head of Causal Chain

A GB is causing / affecting Kidney if =



B GB is NOT causing / affecting Kidney if =



C Kidney is causing / affecting GB if =



D Kidney is NOT causing / affecting GB if =



The organs may go full-circle and affect each other so that the head of the causal chain cannot be determined and all involved organs may need to be treated.

This may sound complex, but once you actually do it, it is very simple.

ALTERNATIVE SIMPLER PROCESS

If you choose to not learn the causal chain, there is another easier way to test to determine which organ(s) to treat. This will give you some insight into the organ(s) to focus on, but not necessarily the head of the causal chain.

To do this, hold an organ vial that weakens a strong muscle or therapy localize (TL) — touch — an organ that weakens a strong muscle. Then add the “Effective/Treat” vial. If that now strengthens, that is an indication of an organ to treat.

USING ACUPUNCTURE POINTS TO DETERMINE CAUSAL CHAIN

Another way to do something very similar is to tap acupuncture points. EAV practitioners would find the primary imbalances and then treat one of the disturbed points with the electro-acupuncture equipment. Then the other disturbed points would be retested to see if any were balanced by that action. This same principal can be used by tapping the points with your fingers. Generally I tap points that represent Voll’s Control Measurement Points (CMPs), which are discussed at greater length in the Control Measurement Points section. There is one CMP on each side of each finger and toe and it represents the main point for each traditional acupuncture meridian, plus some additional meridians that Voll discovered.

For example if both the gall bladder and pancreas were suspected to be the most unbalanced, I would first tap for about five seconds the CMP for the gall bladder. Then I would again muscle test the pancreas (or CMPs, or pancreas 4X vial) to see if it was now strong. If it was

now strong, then the gall bladder was causing a problem with the pancreas. If the pancreas was not strong, I would then retest the gall bladder. When it is again weak, tap the pancreas CMP and immediately retest the gall bladder (or CMP, or gall bladder 4X vial). If the gall bladder was now strong, that would indicate that the pancreas was affecting the gall bladder.

Tapping these points may only strengthen the CMPs for a few seconds, so retesting must be done immediately.

The CMPs can also be tested instead of using organ vials. They can be tested by either therapy localizing them or by applying deeper pressure and then releasing and immediately testing.

The points on the right hand or foot generally represent the organs on the right side of the body and the points on the left hand or foot generally represent the organs on the left side of the body.

Basic Baseline Testing Using Charts and Vials

Before beginning the use of the LFAs, do some preliminary testing using the vials and charts that follow, so that you can track your progress. The CMP charts are included with the other charts. With practice you will find the charts and/or vials that you prefer to use. It is not necessary to use all of them.

The primary testing charts include:

- Nutrient Points
- Chakras
- Acupuncture Meridian Alarm Points
- Dr. Voll's Acupuncture Control Measurement Points (CMPs)
- Dr. Voll's Acupuncture Meridian Allergy Points
- Emotional Points

- Under Feet and Hands Points
- Organ Therapy Localization Points
- Jaw and Teeth Points
- Planes of Consciousness

To use any of these charts, have the “testee” therapy localize (TL) each point while it is being tested. If you are testing yourself using the O-Ring method, it is physically impossible to hold your fingers on the points while testing at the same time. Therefore, first touch the point, release it and then immediately perform the O-Ring test. If TLing a reflex point causes the strong muscle to weaken, that is an indication that the energy to that area is disrupted or unbalanced — for whatever reason. Remember, a weakness is not always a negative thing, especially relating to the chakras or planes of consciousness. It could also indicate a realigning, if positive changes have recently been initiated.

Further testing information will be explained with each chart in the Basic Charts, Testing Methods and Suggestions section, Chapter II-4.

Testing Frequency

When changes in your health program have been made, test against the baseline on a regular basis — whatever that may be for you, depending upon current circumstances. That may be daily, weekly, or later just once a month.

Testing Location

It would be wise, on occasion, to test in other areas of your home or office and also to go outside totally away from the building, to see if

there are any differences. Also if the testing doesn't make sense, either quit for the time being or go outside to retest. If the testing results are different outside, then look for the reason. It is probably inside — your testing will tell you.

Reverse Testing

Years ago I found my testing results were different whether I was using the front of my hands or fingertips versus the back of my hands or fingertips. I have found that a weakness using the back of my fingers tells me exactly the opposite of what the front would have told me. I use this method while testing the front of my body. Often it has led me to an answer. Relevance will be detailed in each section where applicable.

In testing the nutrient points (which show imbalances in nutrients, detailed later in the Nutrient Testing Using Points section), I may find a strength while holding my finger tips on the point, but a weakness while holding the back of my fingers — nail side — which is an opposite reading. For example, when testing the calcium point, if my finger tips test strong, but the back of my fingers test weak, I would suspect high (not low) calcium levels. If I am currently taking calcium, I would test to see how much tested as “Tolerated” and adjust accordingly. I would look at my recent diet to see if I had substantially increased my food intake of high calcium foods. I would also test to confirm that what I was taking still tested “Effective,” as an indication of its being properly utilized. The next thing I would check would then be magnesium to see if it is low. Calcium and magnesium levels should be balanced and high calcium levels may indicate low magnesium. Also, I would test my unsaturated fatty acids, since they can help the assimilation of calcium.

Testing the Front of the Body Versus the Back of the Body

My testing of the front of the body is basically the same as many other testing methods. I have also found it useful to test the back of my body, other than the standard alarm points and organs that are naturally located in the back.

I have found two major differences when testing the back instead of the front. First, there are toxins that test in the back that do not show in the front: they are currently stored in my body and are not being released. It is as if they are waiting for their turn to move “up front” to be treated and released. When they are ready to be released, then they will show in the front. This could include toxins that are still entering the body and are being stored instead of released.

This could also include emotions. With the emotions, though, it may be negative emotions — such as rage, fear, jealousy, etc. — that we may not want to acknowledge, own or work with. If one chooses to acknowledge them, then they would generally move to the front to be resolved.

I have found on myself when I was cleansing a lot — including toxins and/or emotions — that when I was busy out doing things that needed my attention and energy, such as errands or traveling, most of the toxins or emotions would move to the back. Once I was home and ready to go back into my normal cleansing mode, they automatically shifted to the front again. I believe this was my survival mechanism in action, giving me the necessary energy to accomplish my current tasks.

The other aspect I found while testing in the back was covert influences. This could include interference from any source, such as programming or mind control. These testing suggestions are discussed in the Interference section.

Conscious Recognition and Focusing

Recognizing and acknowledging, not just testing, the **source** of a problem, be it a toxin, emotion or interference, for me is 90% of the solution. Once the consciousness “knows,” then it can focus on the problem and begin the proper action to eliminate or resolve the source.

Always Go to the Source

Always look for the source of a problem, especially a toxin. I have and will continue to repeat and stress this point throughout the book. If you don’t eliminate the source of the problem, be it physical, mental, emotional or spiritual, how can your body heal?

If it is related to the physical body, then take a look at, and then test for, every potential source. This would include water, clothes, furniture, jewelry, personal items, and especially foods you eat regularly, even if they are organic. I have found a few organic and natural substances to be very toxic. This is the result of toxicity in either the packaging or substances used in the processing of the food, containers or possibly even cleaning of the food preparation equipment. While testing at a friend’s home, I found their cotton futon mattress to be very toxic. The cotton was not organically grown and tested to contain insecticides. My friends who slept on that futon tested for insecticides, even though they normally ate organic foods.

I have found inhaled pollution toxins in a client. He took his car in to have the exhaust system checked. The mechanic did, indeed, find a problem. After he had it repaired, the inhaled toxins disappeared. If we had tried to remove the toxin from him instead of looking for the source, we would have continued fruitlessly until a mechanic discovered the problem. I received a down comforter as a gift that made me sick for days before I discovered the source. I have tested for and found fungus/mold from plumbing leaks. People have also reacted

to books they were reading. One example was a very strong reaction to a spiritual book. The book appeared to put this person in a position she was not prepared to be in yet.

The possibility of a strong reaction is also a consideration using the Life Evolving Energetics System, as well as most any other. This is a great reason to learn how to test yourself before proceeding too rapidly. Your body will tell you what it wants. Just listen to it.

Elimination by neutralization of the source of electromagnetic, microwave and geopathic energies is discussed in Part III with the use of the Energems.

Make Statements to Determine Cause/Source

When a weakness is found there are many useful ways to determine the source or cause. I personally prefer to use the vials and reflexes, but understand that the vials are not possible for everyone to acquire. In order to drastically reduce the number of vials necessary and to simplify the testing — while using the charts, points, vials, muscles or any other reflexes — statements can be made to assist in determining the relevant factors involved. It is best to make a statement as though it were true, rather than to ask questions. I have not found it accurate to make statements relating to the future, only to the present and past.

As an example, when a weak nutrient point is found, a statement can be made, and each one tested individually, to determine the cause(s) of the weakness. These statements could include:

- This relates to (name of nutrient point being tested). (This is to confirm that the correct location of the point is being tested.)
- This indicates a deficiency.

- This indicates an excess.
- This is the result of malabsorption.
- This is the result of taking supplements (or anything else you may be taking) that are not beneficial for me now, or are interfering.
- This is caused by a toxin.

Then test to see what the toxin is by holding remedies or essences designed to neutralize specific toxins.

Then test or make statements to find the cause/source of the specific toxin(s) involved.

- This is caused by a lack of sufficient drainage – in the lymph system, in the blood, in organs.
- This is caused by an emotional issue.
- This is caused by a food intolerance.
- This is the result of my body realigning.

Keep searching until the cause is found and then find and test the solution(s).

Statements for testing any different charts or points include:

This is the result of or relates to:

- Physical level
- Emotional level – unresolved emotions or feelings
- Mental level – thoughts/mental processes, something I'm reading or thinking
- Spiritual level
- Subconscious
- Nutrient imbalance
- Something I'm taking

- Something I'm saying
- Something I'm doing
- Toxin
- Interference, outside influences
- EMF, geopathic or atmospathic stresses
- Environment – home, people, air, clothes
- Going backwards, not forward (detailed later)
- Negative reactions to foods or other substances
- Cleansing too fast, insufficient drainage
- Realigning

Cross-Testing for Correlation

What I refer to as cross-testing is utilized to determine additional information and to further understand correlations. As an example, if the vitamin A point is weak and a vitamin A supplement is found that is “Effective” to strengthen that point and is “Well Tolerated,” then cross-test to see what else is strengthened by that specific vitamin A supplement.

This would be done by holding the vitamin A and then testing to see what other organs, meridian alarm points or reflexes that were weak were now strengthened by it. This testing can be done using the vials, or TLing the organs themselves, or testing just the points.

Cross-testing can also be done by TLing the weak nutrient points. At the same time TL any other point or reflex to see what is strengthened.

As an example, if the vitamin A supplement or point makes a weak kidney reflex strong, then go the next step. The kidney relates to

the sacral chakra, which relates to emotions. Test to see if the vitamin A supplement or point strengthens a weak emotional point (this process will be described later in the Testing and Making Statements in the Emotions section). If it strengthens that point, then the vitamin A may be low as a result of an emotional issue that has not been resolved. If the emotional issue cross-tested to the vitamin A, it is likely that resolving the emotional issue would then initiate the rebalance of the vitamin A.

Kidney also relates to water. Test the drinking and bathing water for being “Well Tolerated.” If the water was not “Well Tolerated” then correcting the water problem may rebalance the vitamin A. Of course, you could also find that for the time being, you would benefit from taking vitamin A.

More examples are given with each type of testing. Basically, almost anything you test from the vials and charts can be cross-tested with the other vials, charts or any other reflexes, in order to guide you to the solutions. These primarily include cross-testing of:

- Vials
- Nutrient Points
- Chakras
- Acupuncture Meridian Alarm Points
- Dr. Voll’s Acupuncture Control Measurement Points (CMPs)
- Dr. Voll’s Acupuncture Meridian Allergy Points
- Emotional Points
- Under Feet and Hands Points
- Organ Therapy Localization Points
- Jaw and Teeth Points
- Planes of Consciousness

Chapter II-4

Basic Charts, Testing Methods and Suggestions



Following are the basic charts along with different testing methods and suggestions.

Nutrient Testing Using Vials

One way to test nutrients (such as vitamins, minerals and digestive aids) is to use homeopathic 30X test vials of each substance. In testing these vials, a weakness indicates an **imbalance** with that nutrient. It generally indicates a deficiency, but can indicate an excess, especially concerning toxic metals. For example, if a weakness tests while holding the *Calcarea Carbonica* 30X vial, which tests for calcium, that generally indicates a deficiency in calcium. It could also indicate that the calcium is not being absorbed. While holding the *Calcarea Carbonica* 30X vial, also hold an “Effective” vial and test different types and brands of calcium to see which is best (effective). Then test to confirm that it is “Well Tolerated.” The quantity that is “Well Tolerated” would be the

current daily dose. If a high dose is “Tolerated,” start with a more normal dose and retest in a few days. If a high dose is still “Tolerated,” then look for other reasons, such as malabsorption.

Suggested vials for testing nutrients include:

Vitamin	Vial
Vitamin A	Retinol 30X
Vitamin B1	Thiamin 30X
Vitamin B2	Riboflavin 30X
Vitamin B6	Pyridoxine 30X
Vitamin B12	Cyanocobalamin 30X
Vitamin C	Ascorbic Acid 30X
Vitamin D	Cholecalciferol 30X
Vitamin E	d-Alpha Tocopherol 30X
Vitamin H	Biotin 30X
Vitamin K	Phytomenadion 30X
Vitamin P	Rutosid 30X
Choline	Choline 30X
Folic Acid	Folic Acid 30X
Inositol	Inositol 30X
Niacin	Niacin 30X
PABA	PABA 30X
Pantothenic Acid	Calcium Pantothenate 30X
Mineral/Metal	Vial
Aluminum	Aluminum Metallicum 30X
Boron	Boron 30X

Calcium	Calcium Carbonicum 30X
Chromium	Chromium Metallicum 30X
Copper	Cuprum Metallicum 30X
Gold	Aurum Metallicum 30X
Iodine	Iodine 30X
Iron	Ferrum Metallicum 30X
Lead	Plumbum Metallicum 30X
Lithium	Lithium Mur. 30X
Magnesium	Magnesium Metallicum 30X
Manganese	Manganum Metallicum 30X
Mercury	Mercurius Sol. 30X or Mercurius Vivus 30X
Molybdenum	Molybdenum Metallicum 30X
Nickel	Niccolum Metallicum 30X
Phosphorus	Phosphorus 30X
Potassium	Kali Carbonicum 30X
Selenium	Selenium Metallicum 30X
Silica	Silicea 30X
Sodium Chloride	Natrum Muriaticum 30X
Sulphur	Sulphur 30X
Tin	Stannum Metallicum 30X
Zinc	Zincum Metallicum 30X

Digestive Aids – Vial Name Same as Digestive Aid

Amylase 30X

Betaine HCL 30X

Bromelain 30X

Protease 30X

Lipase 30X

Nutrient Testing Using Points

Nutrients can also be tested in a very similar manner with the illustrated Applied Physiology's Nutritional Energy Reflex Point Chart. First TL a point. If that point is weak, it indicates an imbalance in that nutrient, quite often a deficiency. While holding the point, make a statement to confirm that you are testing the correct location for that point. For example, if you are TLing the calcium point and it tests weak, while continuing to TL that point, say:

"This is related to a calcium imbalance."

If the weak muscle now strengthens, then you know you have the correct location for the calcium point. While still touching the point, also hold an "Effective" vial and test the different samples of that nutrient for effectiveness and then test for tolerance. Refer to the statements to determine further correlations. Don't forget to test these points with the back of the fingers also. If testing the points with the back of the fingers causes a weakness, that would generally give an opposite meaning.

The chart (reprinted with permission from Charles Krebs, Ph.D.), suggests using both hands to test for excesses. As discussed in the text, I use the back of my fingers to test for opposite results. Try both methods to find your own preference.

A laminated version of this chart is available from Equilibrium. See Resource Guide.

**APPLIED PHYSIOLOGY'S
NUTRITIONAL ENERGY REFLEX POINT CHART**

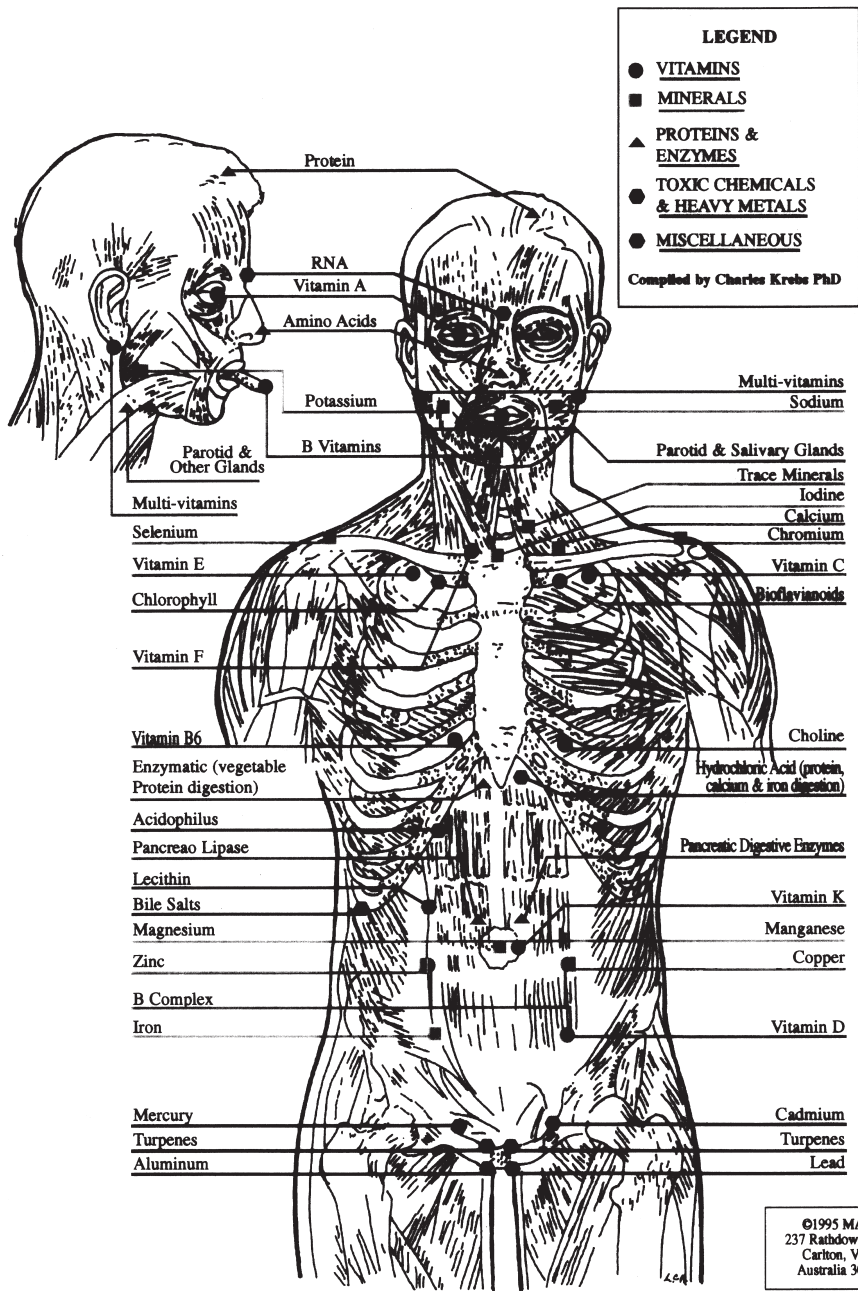


Figure 8. Applied Physiology's Nutritional

APPLIED PHYSIOLOGY'S NUTRITIONAL ENERGY REFLEX POINT CHART

Monitor challenges Reflex Point with One Hand to locate deficiencies. Client Therapy Localizes Reflex Point with Both hands to locate Excesses.

VITAMIN: Location of the Reflex Point on the Body:

Vitamin A	On the centre of eyelid of right eye. (Some charts place this point at outer canthus of the eye)
B Vitamins	For individual B Vitamins, client holds one finger to tip of tongue.
B Complex	Half way between the navel and the iliac crest, with both right and left points held at the same time.
Choline	Left side in the fifth intercostal space approximately half way between the nipple and the sternum.
Vitamin B ₆	Right side in the fifth intercostal space approximately half way between the nipple and the sternum.
Vitamin C	Just below the left clavicle, 1 1/2 body inches from the sternum.
Vitamin D	On the left side half way between the pubic symphysis and the iliac crest.
Vitamin E	Just below the right clavicle, 1 1/2 body inches from the sternum.
Vitamin F	Just above the right clavicle, 1/2 body inches from the sternum.
Vitamin K	One half body inch to the left of the navel.
Multivitamins	Just under the ear where the lobe joins the face, with both right and left held at the same time.
Bioflavonoids	Just above the left clavicle, 1/2 body inch from the sternum. (Rutin & Hesperidin the two most common)

MINERAL: Location of the Reflex Point on the Body:

Calcium	Just above left clavicle, 1 1/2 body inches lateral of the sternum.
Copper	Left side half way between the navel and the iliac crest.
Chromium	Left clavicular-acromium joint (lateral end knob of collar bone).
Iodine	At the sternal notch.
Iron	Right side half way between the pubic symphysis and the iliac crest.
Magnesium	Right side of navel.
Manganese	Left side of navel.
Potassium	Right side of jaw on the masseter muscle.
Selenium	Right clavicular-acromium joint (lateral end knob of collar bone).
Sodium	Left side of jaw on masseter muscle.
Trace Minerals	Left side of the neck, 1 to 1 1/2 Body inches above sternum on thyroid.

PROTEINS & ENZYMES: Location of the Reflex Point on the Body:

Amino Acids	Tip of the nose.
Enzymatic (Vegetable Protein Digestion)	Right side between base of sternum and edge of costal cartilage.
Parotid & Salivary Amylase	Right and left submaxillary glands under angle of jaw.
Pancreolipase	1 body inch above navel & 1 body inch to right of that on abdomen.
Pancreatic Digestive Enzymes	1 body inch above navel & 1 body inch to left of that on abdomen.
Protein	Touch the hair; protein assimilation (See also HCL below).

[Touch close to the scalp for most recent protein levels. K. Mileson]

TOXIC CHEMICALS & HEAVY METALS: Location of the Reflex Point on the Body:

Aluminium	Right side of pubic symphysis.
Cadmium	Half way between the pubic crest and head of the femur on the left side.
Lead	Left side of pubic symphysis.
Mercury	Half way between the pubic crest and head of the right femur.
Turpenes	right & left superior border of the pubic bone on either side of the symphysis.

MISCELLANEOUS NUTRIENTS: Location of the Reflex Point on the Body:

Acidophilus	Right side between base of the sternum & lowest point of rib cage.
Bile Salts	Right side of the lowest rib cage.
Chlorophyll	Below right clavicle one half body inch from the sternum.
Hydrochloric Acid	Left side between base of sternum and edge of costal cartilage.
Lecithin	2 to 2 1/2 body inches right of the midline at level of lowest rib.
RNA	Just above the bridge of the nose at the glabella.

These nutritional energy reflex point locations are based upon the original AK research by Dr. Ridler, subsequent AK research as confirmed by Applied Physiology research and Richard Utt's research (the Choline, B₆ & Pancreolipase points). Don Viney researched the Cadmium, Mercury & Turpenes points and these points have been confirmed by worldwide use in the Professional Kinesiology Provider program, and are presented with his permission.

Nutrients for Specific Areas

Most any nutrient can be found to test beneficial for most any organ, but listed below is a compilation of the more frequently found nutrients for the organs:

Organ	Nutrients
Adrenals	C, Pantothenic acid, adrenal extract
Bladder	Calcium, A, C, E
Brain	RNA, protein, amino acids, brain extract
Eyes & Ears	A, calcium
Gall Bladder	A, hydrochloric acid
Heart	C, E, magnesium, heart extract
Kidneys	A, E, water, kidney extract
Large Intestines	D, E, acidophilus, calcium, hydrochloric acid
Liver	A, liver extract
Lungs	A, C, lung extract
Pancreas	A, calcium, hydrochloric acid, enzymes, pancreas extract
Reproductive	A, C, E, male or female extracts
Sinuses	B6, niacinamide, iodine
Small Intestines	B, E, calcium, acidophilus
Spleen	C, calcium
Stomach	Hydrochloric acid
Thymus	C, thymus extract
Thyroid	Iodine, thyroid extract

Testing Suggestions for Nutrients

First of all, do not change any dosage of your prescription medications based on this type of testing. That must be left to your doctor.

While testing nutrients (or foods or water), if possible, place them in your mouth to get a taste of them (not hydrochloric acid or other potentially harmful ones). If there is a strong odor to them, smelling while holding them will suffice. It has been discovered that within seconds of food being placed in the mouth or smelled, it is also present in the brain. If they cannot be placed in the mouth, then hold them. Homeopaths and energetic-type essences should be tested by holding them or placement on the body.

A nutrient point that tests weak, especially if many of them test weak, could have various causes creating this weakness. One of these causes can be poor digestion brought about by a deficiency in hydrochloric acid and/or digestive enzymes. After testing the nutrient points, hold one or more digestive aids and retest the original weak points. If that strengthens any of the nutrient points, then fine-tune the testing to see which digestive aid is most “Effective” and also “Well Tolerated.”

Years ago while I was working in a health clinic, the first two things I observed that were needed for most new clients was to add hydrochloric acid and digestive enzymes and to eliminate most of the supplements they were taking. Once they were off the supplements for a few days, their nutrient levels could more accurately be determined.

Something I learned from an M.D. I worked for in the 1970s was that minerals are best taken on an empty stomach one-half an hour before breakfast and dinner and that vitamins were best taken just after each of the three main meals. He also suggested taking hydrochloric acid during the meal rather than before the meal, in order to give the body time to produce its own first. Most clients I worked with no

longer needed hydrochloric acid supplementation after three to six months. At that point, many previously weak nutrient points were now balanced. The improved digestion allowed better assimilation of nutrients from their diet.

A toxic body can also test to need more nutrients. Instead of taking lots of different supplements, test for your key toxin (Intox I). Once you have determined the best remedy for that key toxin, hold the remedy and retest the nutrient points. Another way to test is to hold as many different toxin-neutralizing remedies as you can while retesting the nutrient points. If there is a strengthening, then reduce the quantity of remedies to be tested until the strengthening one is determined. Also hold lymph and blood and other drainage-type remedies to see if that strengthens many nutrient imbalances.

If a particular nutrient (or remedy) tests to be Effective, but is not Tolerated, it may be toxic. This is especially true with glandular supplements. Also more recently, most supplements are contaminated from electromagnetic and geopathic stress. Placement on a Food+ Energem coaster (described later) for five minutes will eliminate those and many other toxins and will greatly simplify their testing, as well as their effectiveness and tolerance.

During my AK training with The International College of Applied Kinesiology, I learned that low-dose nutrients generally strengthened a weak organ and high doses of nutrients generally weakened an organ. The high doses would be beneficial when a muscle and its corresponding organ tested overly strong. During the class, vitamin E was used as an example. Most think high doses of vitamin E are beneficial for the heart. This was not the case. Low doses — as low as 2 IUs (International Units), compared to standard doses of 400-800 IUs, strengthened the heart-related muscle. The same thing happens with vitamin C. During the class, saliva vitamin C levels were tested. It was found that individuals who took very high levels generally were found to have low tissue levels of vitamin C. They did suggest that reducing vitamin

C levels should be done gradually. As in many things, sometimes less is better.

When I first started taking supplements back in the 1960s I took lots of them, including multivitamins and minerals. After working with an AK chiropractor that changed dramatically. Many multis include large amounts of nutrients that may not be needed. Contrary to popular opinion, it is a stress to the body to consume and have to eliminate substances that are not necessary or may even be harmful. I prefer to test for my needed nutrients and take them individually. The more cleansing I do, generally the less supplements I need. One exception to this has been an almost continual need for calcium. I believe that calcium neutralizes toxins. Many toxins are stored in the bones and bone marrow. As they are released, I believe that calcium (and probably other minerals) is necessary to help replace the void left by toxins in order to rebuild those areas. Most clients I tested needed calcium for long periods of time.

Once you have determined your “Effective” and “Well Tolerated” supplements, combine them all together (by daily dosage, not all the bottles) and retest the combination for “Well Tolerated.”

Many people like to take very large doses of nutrients. I believe that is very beneficial short term for specific needs. When my husband, Don, had cancer he received large doses of vitamin C intravenously. These treatments helped him dramatically, but never addressed the real problem. I consider large doses to be medicinal — more like drugs, with potential side affects. If large doses are needed, there are other problems that may need to be treated in other ways and by professionals.

Products I Like

One low-dose multi-type supplement that I do find “Effective” and “Tolerated” for most people is Klamath Blue Green Algae.

Another product I like is the **Wobenzms enzymes**. Long before my husband was ever sick he visited a cancer clinic in Tijuana. He had several friends who had been diagnosed with cancer and he felt helpless. With his family history of cancer, he also wanted to know where to go and what to do if he or anyone else in his family developed cancer. One product he discovered that was used in this clinic as well as many worldwide chronic health clinics consisted of these enzymes manufactured by **Mucos Pharma** in Germany. All of the clinics used the same brand. He brought some home and we took them for awhile. For cleansing they are best taken on an empty stomach two to three hours between meals. I remember taking a lot of them one day. I was going to do a cleansing program and started by taking about a dozen the first day. The next day I was sick in bed. They are that powerful. When Don went back to that same clinic in Tijuana as a patient about 25 years later, the first day they put him on these enzymes. We had thought about taking a series of them for a month or so each year as a preventive measure, but we rarely did. These were not as available in the US then as they are now. That was a regret that Don voiced after having been diagnosed with cancer. It wouldn't have eliminated the source of his cancer, but it certainly might have delayed its onset for a very long time.

One more recent supplement that I have been testing and taking is **SomaLife's gHP**. This is an organic, vegetable-based proprietary combination of pure amino acids that stimulate the pituitary to manufacture and release its own Human Growth Hormone (HGH). The HGH repairs and regenerates the cells and is currently considered the ultimate anti-aging formula. The two originators of this gHP, Donald McLeod, M.D. and Philip White, M.D., have coauthored two books: *Doctor's Secrets: The Road to Longevity*¹⁴ and *The Miracle of Antioxidants*.¹⁵



Tasting Supplements

Supplements are more readily absorbed and utilized if the body gets a taste of them first (but not the hydrochloric acid or enzymes). When they are either chewed or at least tasted before being swallowed, the parotid (salivary) gland recognizes what is being ingested and helps to determine where the nutrients are most needed and guides them to that specific area of the body. I have (very quickly) chewed or at least tasted my calcium, magnesium, zinc and vitamin C supplements. This factor is also behind tasting supplements during testing.

Testing Foods and Water

Testing foods and water is very similar to testing nutrients. As with the nutrients, it is beneficial, but not essential, to taste the food or water being tested. Prior to testing, place the items to be tested on an Energem Food+ coaster for five minutes in order to remove toxins related to electromagnetic and geopathic stress.

Use of the “Well Tolerated” vial significantly fine-tunes the testing. There are many times when items have tested strong by themselves, before testing further to see if “Well Tolerated,” but were weakening with the “Well Tolerated” vial. Testing strong by themselves is not an indication that it would be beneficial to take that supplement. Remember to test front and back. Testing organic foods eliminates one potential problem in determining why a food may be weakening. If an item tests weak, to determine the reason why it is weak, also hold the toxin-neutralizing remedies. For example, if a sample of bread that is not organic tests weak also hold the insecticide remedy to see if that strengthens. If not, then hold the other toxin-neutralizing remedies. Many may be held at one time. If none of these strengthen,

then there could be a reaction to one of the foods, or even an excess of starch (or whatever type food is being tested) eaten recently. For more accurate testing, it is best to test foods and water at least an hour after eating. It is possible that a meal, especially high in protein, could cover up a potential weakness. Again, a weakness could be from the processing or packaging, not necessarily the food item. If that is the case, the chemical-neutralizing remedy may test strong while holding the food. Also test foods prepared the way you eat them.

If many different foods test weak, then hold a hydrochloric acid and pancreatic digestive enzyme supplement and retest. If more foods now test strong, retest while holding only one supplement to determine which is effective. A need for pancreatic enzymes would indicate a stressed pancreas.

Soy Products

I have never found any type of soy product that tests “Well Tolerated.” This includes testing the least processed form of soy — organic soybeans. All of these products test to a fungus/yeast that is not cleansed by the use of an Energem. That tells me that it is not a “normal” toxin stemming from the electrical system or geopathic stress, but is something within the product itself. Therefore, I avoid all soy products.

Cross-Testing Foods to Organs

Once a food that tests weak has been found it may be cross-tested to see which specific organs are affected. This can be done in several ways, depending upon your preference.

Hold the food testing weak in your hand and close to your body. Then TL to the different organs to see which are strengthened. The ones that are strengthened have been negatively affected by that food. The same test can be done using the organ 4X vials. Instead of TLing the organs, hold the 4X vials. Several vials can be held at one time. If there is a strength, then each one must be tested individually. Also acupuncture meridian alarm points or acupuncture CMP points may be cross-tested in the same manner. Once the involved organs are determined, specific therapy can be directed towards those organs. This can be via any method you choose, including diet, supplements, cleansing, emotional work or energetic work.

Avoid the offending foods for a period of time and then retest them for tolerability.

Three food groups and water generally will test weak if an emotional point is testing positive. The food groups are dairy, fruit and grains. I have found through my testing that if a female-related emotional issue is showing, then dairy products test weak. Dairy products would refer to milk — to female breasts — and female issues.

My testing has also showed that a male-related emotional issue correlates with fruits testing weak. The seeds in the fruits could relate to male “seed” — sperm.

A self-related emotional issue correlates with grains, which could have to do with “separating the wheat from the chaff.” We should see our positive aspects (the wheat) and let go of the not-needed negative aspects and emotions we hold onto (the chaff).

When either the female or male emotional point is weak, people test weak on water. The emotions relate to the sacral chakra, as do the kidneys. Usually the sacral chakra and either the kidneys or the bladder will be weak when an emotional point is positive.

The food groups and water can also be cross-tested by holding a food from the group which tests weak and at the same time holding the related emotional point (chart shown on page 171). Eating these

foods may even speed up the process of the emotion surfacing. I am not yet aware if it also assists the healing of that emotion. These food group weaknesses are short-term and if related to the emotion, change as soon as the emotional issues are resolved.

Most Beneficial Foods

To test what foods are the most beneficial for you, make a vial labeled:

Core beneficial foods 4X

That vial should produce a weakness. While holding that vial, test the foods individually by holding them close to your body, and in the form that you would eat them — raw or cooked — and the different ways you would prepare them. I have found vegetables, usually in their raw state, to be the most beneficial — especially broccoli, sprouts, cauliflower and cabbages. I have found asparagus in any form to be beneficial. This can be fine-tuned even further by testing the part of the food that is beneficial. These foods could change over time, but my core beneficial food for the past 15 years is the floret, not the stem, of raw broccoli. I try to eat some daily.

Most Beneficial Water

Different waters can be tested the same way by making a vial and labeling it:

Core beneficial water 4X

Since water rapidly picks up surrounding energies, it should be placed on a Food+ Energem coaster for five minutes immediately prior to testing. This is especially true for distilled water, which acts like a chelator. I have found that distilled water always tests weak unless it has been “improved” by placement on the Food+ Energem coaster. I would not consider long-term use of distilled water. Further information regarding distilled water is given in Part III, Geopathic Stress and the Evolution of the Energems.

Years ago several energetic practitioners found Volvic brand water to be one of the best.

Strengthening Food Categories

I also test to find what different food categories strengthen specific areas of the body. This is simple to do for yourself. Using 4X organ vials or points on the charts, first find a weakness and then test for the category of food that strengthens it. These categories generally will remain consistent with their designated organ or cleansing areas. For testing the lymphatics or blood or any other organ you don’t have a vial for, make (write) 4X vials.

My testing on myself and others has shown that of the areas tested, the consumption of raw vegetables strengthens the blood, nerves, bones, bone marrow and brain areas. The lymph area is strengthened by raw fruits, the arteries by drinking water, and the heart by beef. I was surprised that other proteins, including seeds, dairy products, fish, pork, poultry and even whey protein powder were not a replacement for the beef.

This does not mean that other foods aren’t important for these areas or that specific foods are not useful in other parts of our body. The testing tells us the most significant food for particular areas so that we can focus on the most beneficial foods for us at any specific time.

This testing is simple to do for yourself. Just hold the 4X organ vial that tests weak or TL the organ area that tests weak and test the different types of foods.

Diet

Don and I were primarily vegetarians for 25+ years, only eating meat on holidays or special occasions. During my recovery Rose commented that I might need more protein to rebuild. I had started to lift weights, which also required more protein, so I began to eat beef. Chicken, turkey and eggs do not test as a good protein, at least for me, and I don't like fish, so I was left primarily with beef. I not only believe that the addition of the beef helped me heal, I believe that Don and I would not have retained so many toxins if we had consumed more protein on a regular basis. On occasion, Don would eat some meat and would comment that he felt a little sick afterwards. Later when I started eating beef, I would get headaches if I ate too much. This was not a reaction to the meat, it was an indication that the protein was initiating too much cleansing — a cleansing that would have happened daily if we had eaten meat daily.

Even six years later, this can happen when I eat large amounts of meat. I currently eat salads with small quantities of beef, followed next by starches, with some fruit in season and small amounts of dairy. I grow my own sprouts, which I eat daily. When I feel like it, I will splurge with ice cream and/or chocolate. I eat organic foods as much as possible.

Unlike most people, I believe that poultry and pork are more toxic than beef. While working for a medical research foundation I spent a few days at the late Dr. Virginia Livingston's clinic in San Diego, California. Under a dark field microscope I observed a pleomorphic microorganism — capable of changing form — that she termed

Progenitor Cryptocides — hidden killers. She believed that *P. Cryptocides* was involved in the cause of cancer as well as other infectious diseases, as detailed in her book.¹⁶ She found the *Cryptocides* high in most poultry products and also high in cancer patients. My testing shows a virus in most poultry tested, that I don't find in beef. She found the *Cryptocides* lowest in lamb. Her lab assistant told me how some of their local patients would bring in different sources of eggs & chickens in the hope of finding some edible.

My foods are all cleansed using an Energem Food+ coaster. As discussed in Part III, this is very important while eating in restaurants or wherever microwave ovens are used. The microwave ovens change the structure of the foods so they are not only not beneficial, but like distilled water, can be detrimental if not placed on an Energem before consuming. Since the microwave energies travel throughout the electrical system, “zapping” of the foods in a microwave oven would also zap all the food that is within the electrical system, including the refrigerator and freezer. I carry a small Food+ Energem in my billfold and place it under my dinner plate whenever I eat out.

Pay attention to what foods your body wants to eat or may even be craving. Try to correlate that with what is currently happening in your life. If I don't feel well, I don't want anything raw or any meat. I only eat cooked vegetables or starches, which slow down my cleansing process.

Rose prefers to eat and thrives on salads, fish, chicken and turkey. Poultry, nor most other foods, do not negatively affect her well-being.

Testing Other Items

Almost anything can be tested, including clothes, fabrics, colors, jewelry, gems, music, glasses, and personal items such as lotions, soaps, shampoos and cosmetics. Thoughts, both negative and positive, can

be tested, including cross-testing to see what areas are affected by the thoughts. These items can be tested in the front and the back. Many of the toxins in these items can be neutralized with the use of an Energem.

My optometrist on the East Coast even used AK to fine-tune the visual testing. It told him if the prescription determined by the standard visual testing would be “Well Tolerated” by my body at that time. Several times we reduced the strength of my normal (non-driving) glasses based more on the AK tests than the visual tests.

Testing Coils

I don’t yet understand about coils, but I do know from my own testing and experiences that coils do funny things to energy. I stopped sleeping on mattresses that contained coils over 12 years ago. Our mattress at home did not have coils, but the one in our studio in Colorado did. Sleeping at high altitude was always difficult the first few nights anyway, but the coils in our mattress were making it more difficult. One morning I decided to do some testing on the mattress. There seemed to be a different energy coming off of each side of the mattress. One side seemed OK — maybe even energizing, but still not good for sleeping. The other side was showing some form of radiation. We needed a new mattress anyway.

I have also tested remedies in spray bottles. The contents must pass through a coil in order to be sprayed. The coil does seem to reduce the effectiveness of the remedy. When the contents are transferred to a coil-less container, the energies begin to return. With the remedies I have purchased with spray bottles, I place it on a Food+ Purifier Energem for five minutes to permanently change the effects of the coil.

Could the coils (metal) be attracting, accumulating, and even amplifying the surrounding energies as well as earth energies? Could one side of the coil attract the positive beneficial energies while the other side attracts the negative toxic energies?

I have one client who placed an Energem (Personal Protector) between his mattress and box springs and has not shown any remaining negative effects from the coils. If I am traveling and sleep on a mattress with coils, I wear my Personal Protector Energem. At home, I do not wear it while sleeping.

Testing Chakras

Testing of the chakras is done by placing the palm of the hand in front of the chakra three or four inches from the body. The chakras can be tested in both the front and the back. I generally test the chakras as a quick diagnostic and monitoring tool to see what areas of the body are involved. Once I know what chakras are weak, I then test their related glands and organs. I don't direct any treatment to the chakras themselves. I look for the reasons why they are weak and work to eliminate the cause. Refer to the Making Statements section for potential causes. Since the kundalini moves up the sushumna channel, if one of the lower chakras is weak, that can cause the chakras above to have less energy and also test weak. Once the cause is eliminated, I sometimes see the chakras strengthening from the lower chakras up through the next higher chakra, one at a time, as the kundalini is now free to rise up the sushumna.

Weakness in all of the chakras in the front and the back could be an indication of the body realigning if a positive change has just been completed. I would expect a realignment to be completed within a few days.

Weakness in the back could be an indication of a covert unresolved emotion or some type of interference. Refer to those sections for further information. It could also be a realignment from current work.

When I started working with Rose she suggested I obtain her favorite book about chakras, *Wheels of Life*.¹⁷ One of Rose’s comments about the chakras is that they are openings that are a reflection of what is happening energetically. Rose talked about the chakras as being places of power surges, like transformers. They protect the body from these strong surges until individuals learn how to use their energy. The following chart of related glands and organs has been compiled from *Wheels of Life*.

Chakra	Related Glands and Organs
Base Chakra	Large intestine, adrenals, teeth
Sacral Chakra	Kidneys, bladder, circulatory system, ovaries, genitals. (Also emotions.)
Solar Plexus Chakra	Stomach, spleen, pancreas, liver, gall bladder, adrenals, muscles
Heart Chakra	Heart, lungs, thymus
Throat Chakra	Thyroid, parathyroid
Brow Chakra	Pineal, eyes
Crown Chakra	Pituitary, central nervous system, cerebral cortex

During my work with Rose, especially while I was lying down, I realized I instinctively placed my hands on different parts of my body, almost always over my chakras. Usually my left hand was over a lower chakra and my right hand was over my heart chakra. This pattern has continued. Now I pay attention to where my hands are and what that tells me.

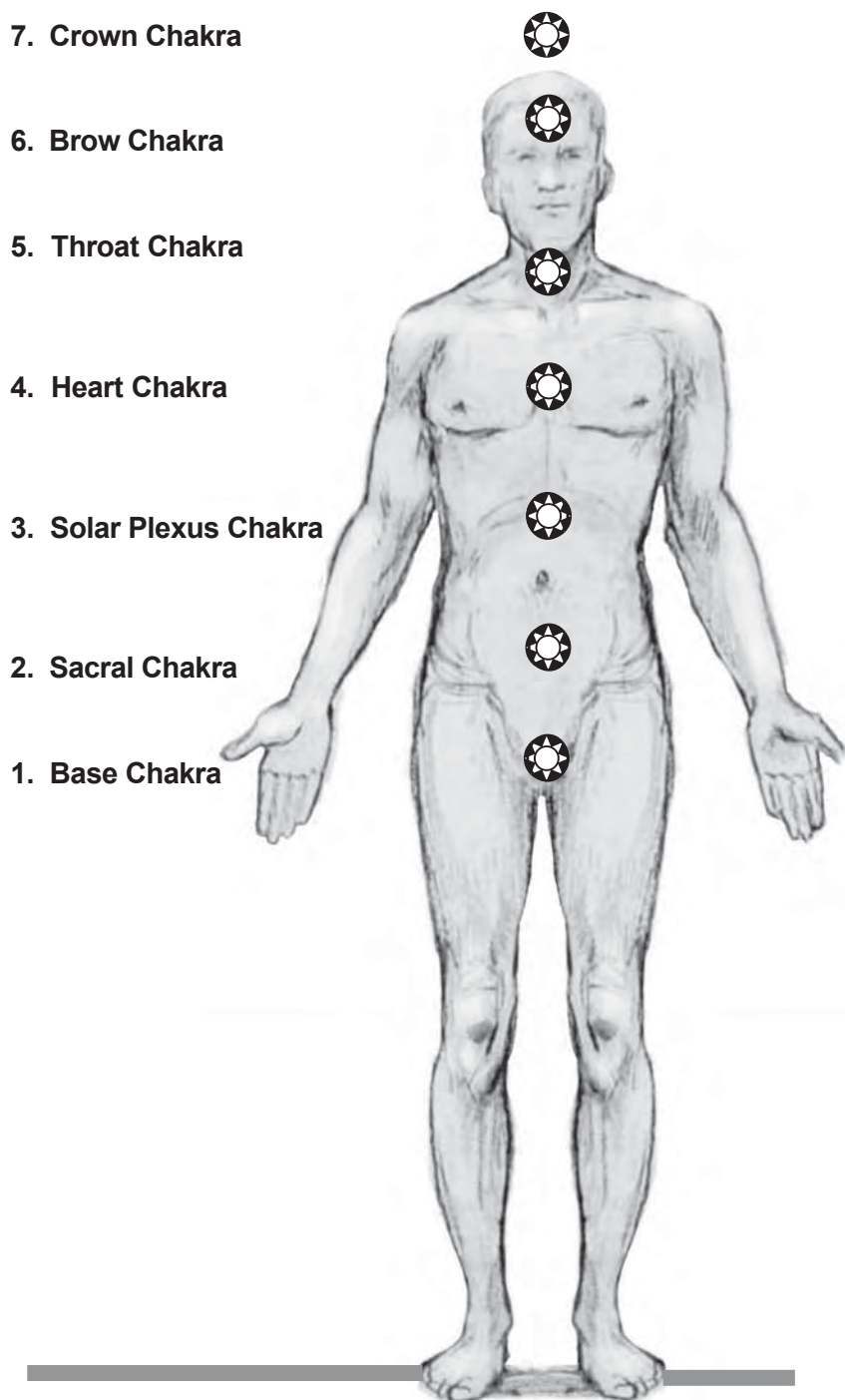


Figure 9A. Chakra Location & Testing — Front

7. Crown Chakra



6. Brow Chakra



5. Throat Chakra



4. Heart Chakra



3. Solar Plexus Chakra



2. Sacral Chakra



1. Base Chakra

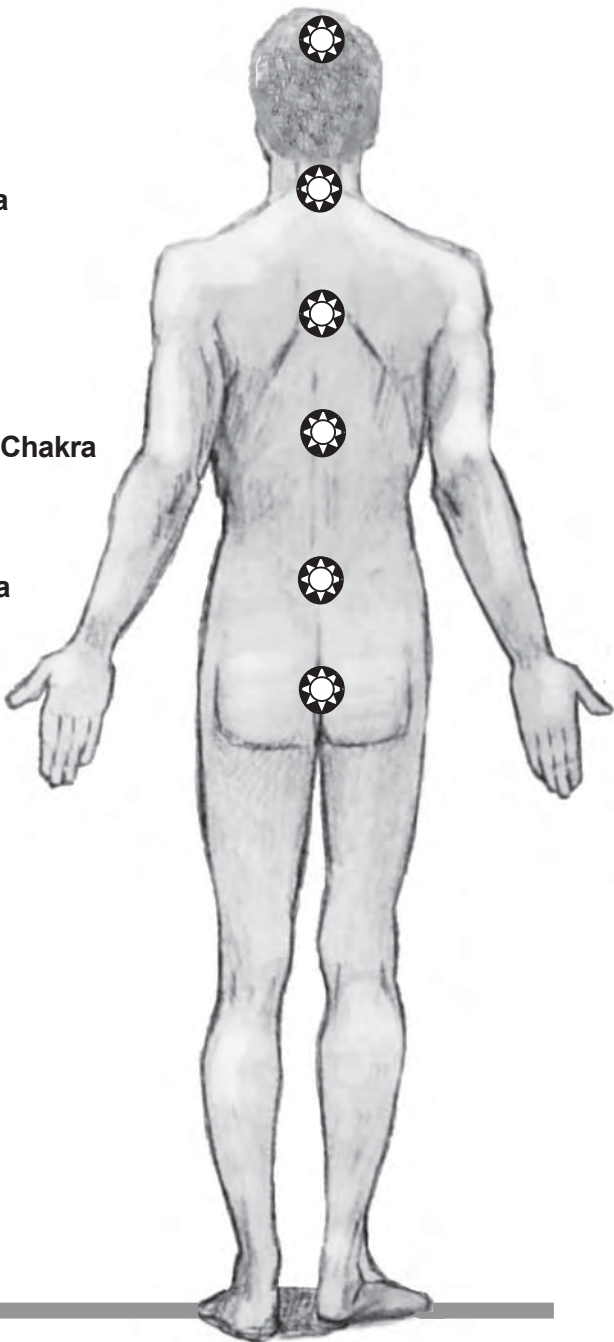


Figure 9B. Chakra Location & Testing — Back.

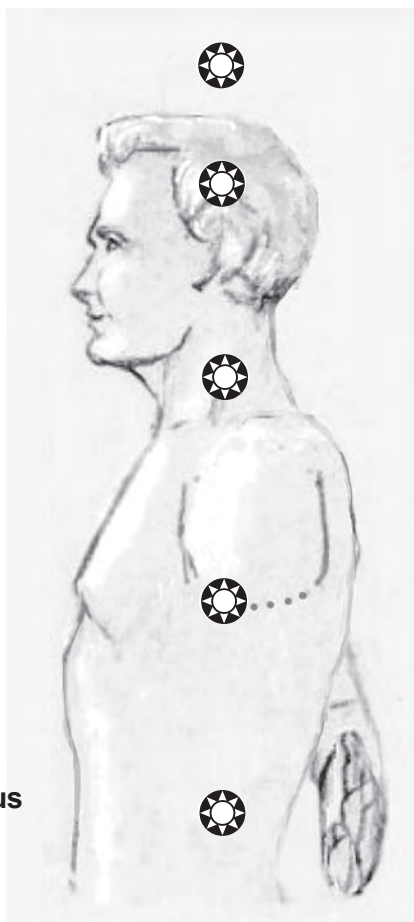
**7. Crown
Chakra**

**6. Brow
Chakra**

**5. Throat
Chakra**

**4. Heart
Chakra**

**3. Solar Plexus
Chakra**



**Hand
Palm in
to Test
Back
Chakras**

Figure 9C. Chakra Testing — Back.

Acupuncture Meridian Alarm Points

Like testing the chakras, testing the acupuncture meridian alarm points can be useful to gather information and to use for monitoring. This can be an easier and faster way to find an organ imbalance.

There are 12 primary acupuncture meridian alarm points, plus the Governing Vessel (GV) and the Conception Vessel (CV). (See Figures 10A and 10B.) The GV runs from the upper lip over the head and down the back to the anus. The CV runs from the lower lip down the front to the area in front of the anus (the perineum). Six of the primary 12 alarm points are bilateral (occurring on each side of the body) and the remaining six are located mid-line on the body. Each meridian is associated with one or more organs, and the corresponding alarm point is representative of the entire meridian and the condition of the organ(s) of that meridian. The bilateral alarm points represent each side of the meridian. Pain in any alarm point can be an indication of an energetic imbalance in that meridian. In working on myself and others, I have also found that pain or sensitivity along a meridian or only certain areas of a meridian can also indicate an imbalance. I have experienced pain in my arm that appeared without any trauma, which led me to the acupuncture meridian that flowed through that painful area. Balancing the related organ eliminated that pain. If pain is felt in a certain area without trauma, touch around the area to see if it is felt elsewhere. If so, then trace the pain to see if it follows the path of any meridian. I believe this is more common than most realize.

The 14 alarm points can be tested by T Ling just as all the other points are tested. The testee's fingers are placed on the alarm point. If a strong indicator muscle goes weak, then further testing is needed to determine its cause. The cause can range anywhere from a nutritional imbalance (a deficiency or an excess), reactions to foods, emotional concerns, toxicity either entering or leaving that organ, etc.

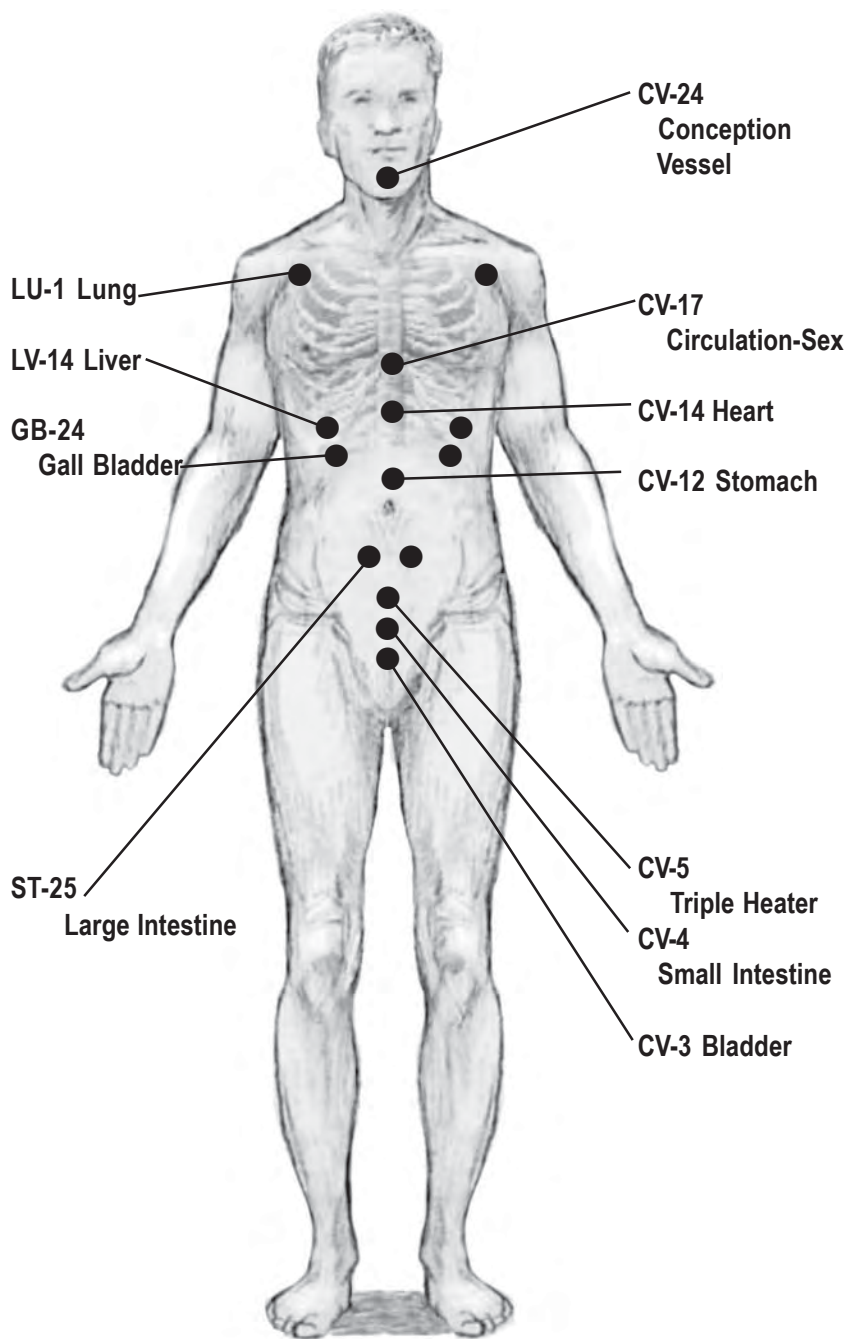


Figure 10A. Acupuncture Meridian Alarm Points — Front

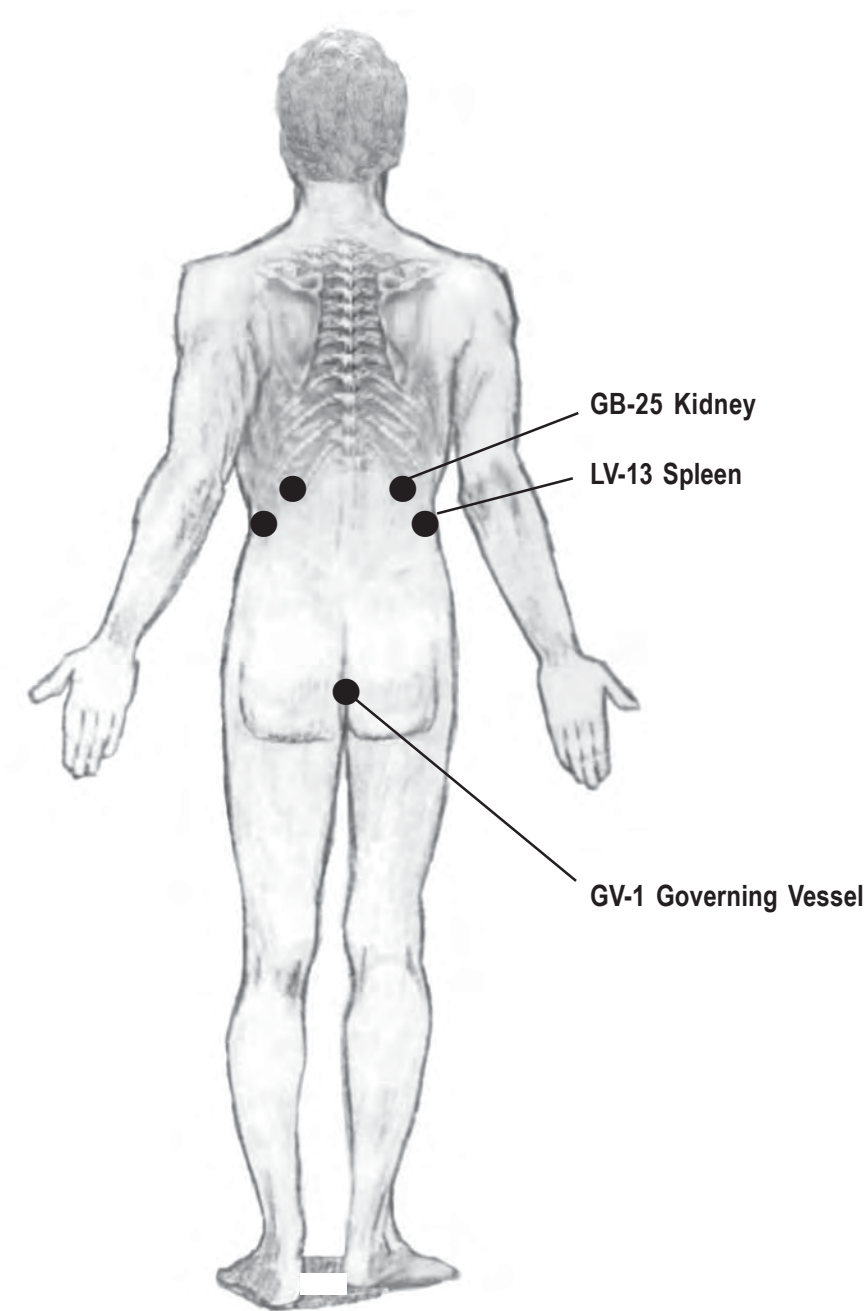


Figure 10B. Acupuncture Meridian Alarm Points — Back

As with the other testing points, statements can be made to determine the cause(s) of the weakness. Once a cause is found, cross-testing can be done for verification. Reverse testing using the back of the hand or fingertips can also be done. Weakness found using the back of the hand or fingertips may indicate an overactive meridian. A statement could be made and tested to confirm its accuracy.

Behavioral Kinesiology Testing

I learned Behavioral Kinesiology (BK) testing from John Diamond, M.D. in his seminars. This includes a faster way to determine the imbalanced organ areas. This was later published in his book *BK — Behavioral Kinesiology: The New Science for Positive Health Through Muscle Testing*.¹⁸

Dr. Diamond placed much emphasis and importance on the health and activation of the thymus gland. He considered it a critical element of the immune system and the seat of our Life Energy. He taught that when the thymus was balanced, both hemispheres of the brain were also balanced. The thymus can be tested by T Ling it. It is located in the chest, near the top of the sternum about two inches below the notch.

According to Dr. Diamond's research, if the thymus tests weak, then either the right brain or the left brain will test weak. This testing is done by placing the palm of the right hand with fingers pointed up opposite and two to three inches from the side of the head, close to the ear.

If the left side is weak, this indicates a left-brain dominance and there is a weakness in one of the six mid-line alarm points. If the right side is weak, this indicates a right-brain dominance and there is a weakness in one of the bilateral alarm points. I did find that when the first weakness was corrected, that if there was another weakness, it would appear on the other side of the brain — and also the other set of alarm points.

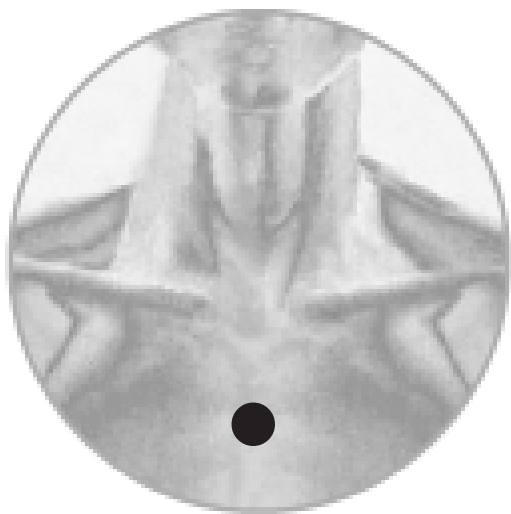


Figure 11A. Testing Location for Thymus Gland.



Figure 11B. Testing the Thymus Gland.



Figure 12A. Testing the Right Brain



Figure 12B. Testing the Left Brain

For example, if originally the thymus were weak and the right brain tested weak (hand next to the right side of head), a bilateral alarm point would then be weak, such as the lung. Once that was treated successfully, if there were another weakness, the left brain would test weak as well as one of the six mid-line alarm points.

So by testing the thymus first, if that is strong, usually the right and left brain as well as the alarm points would be strong.

Dr. Diamond also demonstrated the thymus' connection between the mind and body by testing the reaction of the thymus to different emotions — strengthened by the positive emotions and weakened by the negative emotions. He demonstrated the power of love on the thymus gland (which also affected the entire body). This can be done by testing the thymus gland. If it is weak, have the testee think about someone they love. The change (strength) produced is powerful and instantaneous. It's a quick and easy demonstration of how powerful our thoughts can be — either positively or negatively.

The thymus gland does correspond to the heart chakra, which is also the chakra of love.

Control Measurement Points

The Control Measurement Points (CMPs) were discovered by Dr. Reinhold Voll. There is one CMP for each acupuncture meridian and are located on the fingers and toes. The CMPs can be tested by TL. If there is a weakness with a CMP, then additional acupuncture points as

well as other testing points can be tested to determine a more precise cause. As with all other testing, statements can also be made to assist in determining the cause.

As previously discussed, the CMP (as well as any acupuncture point) can also be tapped. This could be beneficial for acute problems or may help short-term in determining the causal chain, but will not resolve a chronic problem. As always, look for the source.

ACUPUNCTURE ALLERGY POINTS

I have found the use of Dr. Voll's acupuncture meridian allergy points to be very useful. I test these on a very regular basis. (See Figure 14, page 168.) They can tell me if I am reacting negatively to anything in my current environment. Generally they relate to a reaction to something entering my body, but I have also seen them react when a stored toxin has been released. First I test the Allergy CMP on each side of the body. If that is strong, then I don't need to test any further.

If it is weak, then I test the other three points on that same hand to find the location of the allergy. It may be in one or more of the three locations. With these points, as well as many of Dr. Voll's points on the fingers and toes, generally the points on the end of the finger or toe relate to the lower part of the body, the middle points relate to the middle part of the body and the points higher up relate to the head area.

A weakness on these points can relate to the skin or organs and the source can be almost any toxin.

Starting at the top outside edge of the toe and above the point, slide your fingers down towards the CMP point location until you feel a bump or ridge - the bone. See on the anatomical chart where the bone juts out with the point sitting right on top of it. These points are found in the same location on both feet.

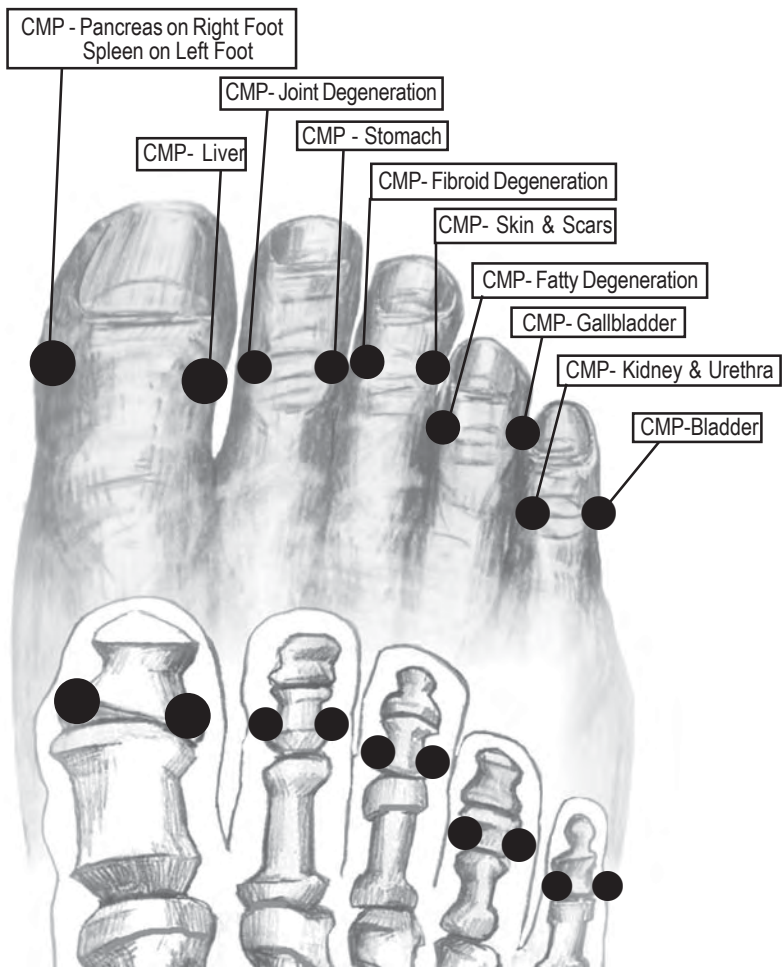


Figure 13A. Voll's Acupuncture Foot Control
Measurement Points (CMPs)

Starting at the top outside edge of the finger and away from the point, slide your fingers towards the CMP point location until you feel a bump or ridge - the bone. See on the anatomical chart where the bone juts out with the point sitting right on top of it. Also, if the fingers are bent slightly the knuckles are more visible. These points are found in the same location on both hands.

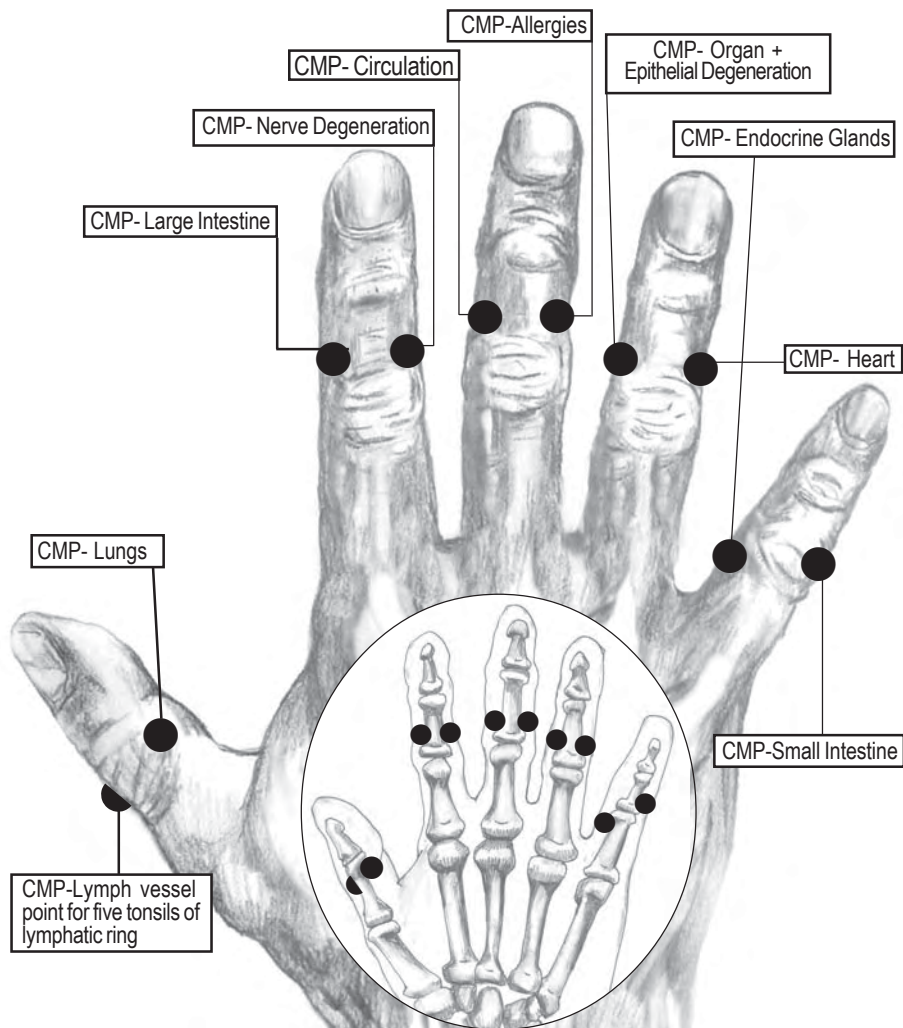


Figure 13B. Voll's Acupuncture Hand Control Measurement Points (CMPs)

These points are found in the same location on both hands.

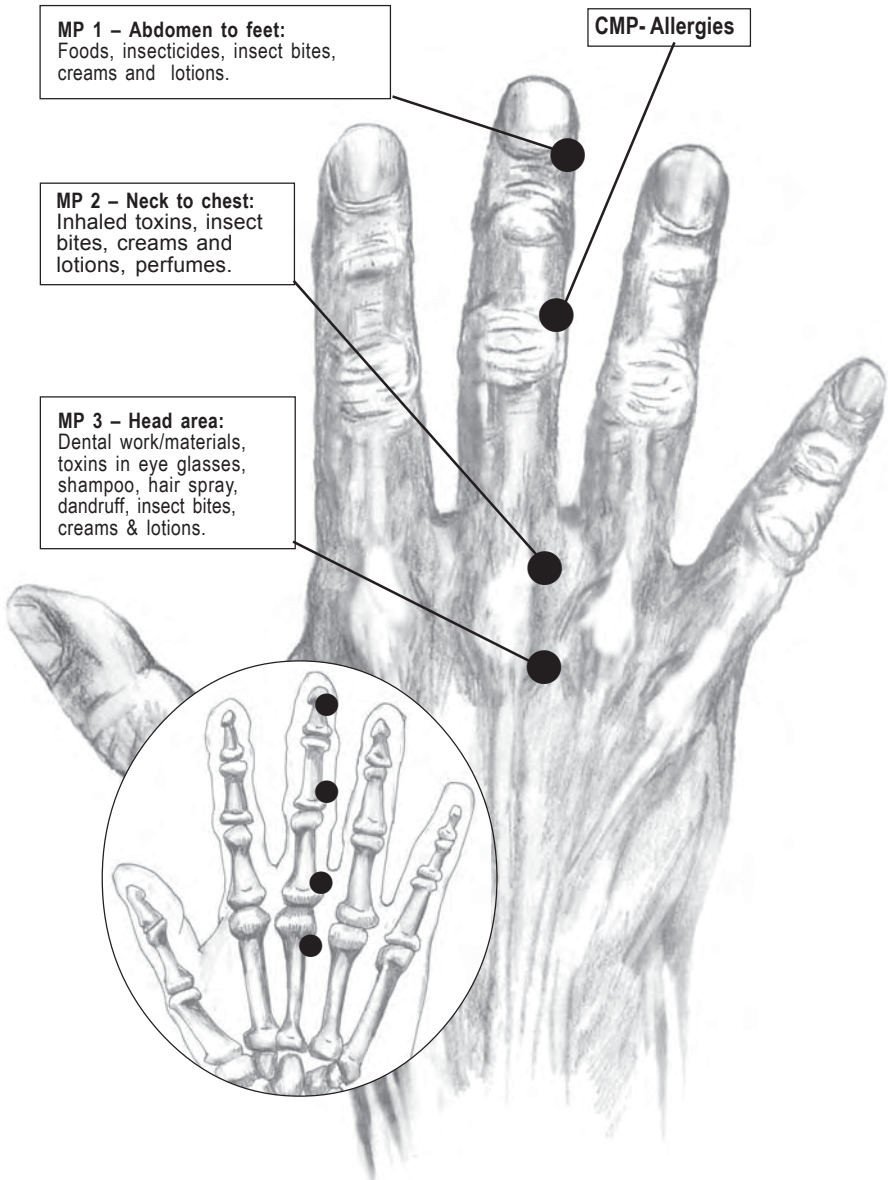


Figure 14. Voll's Acupuncture Allergy Points

Point and Body Location	Possible Causes
Measurement Point MP-1 Abdomen to the feet.	Foods, insecticides, insect bites, creams & lotions.
MP-2 Neck to the chest.	Inhaled toxins, insect bites, creams & lotions, perfumes.
MP-3 Head area.	Dental work/materials, toxins in eye glasses, shampoo, hair spray, dandruff, insect bites, creams & lotions.

Statements can be made to determine the source. Since these points often show a recent exposure, tapping the active points for 30 seconds can help. Also using the “Toxin-Clearing” LFA (see page 251) can help immensely. Try to find and eliminate the source, if at all possible, before using the LFA.

Chapter II-5

Emotions



This section was included to show what I have learned from my experiences and my many conversations with Rose about emotions and the testing system I have developed to help me recognize and resolve my emotions.

From observations on myself and research clients I have found painful emotions and their repercussions and long-term influences to be one of the most important aspects to resolve — second only to geopathic stress, both closely followed by jaw/dental problems — and the cause of weakness under the feet (detailed in the next chapter). I have also found relationships with all three of these blocks to healing, which will be explained later in this “Emotions” section.

This is not an emotional healing system and is not a substitute for a therapist. I could not have resolved many of my situations without Rose’s knowledge and guidance.

Testing Emotions

To test the emotions I have found the use of these two AK neurovascular holding points to be very useful. These points are located on the frontal eminence — one is located on the bone above each eye.

If either of these points tests weak, that indicates the presence of an emotional issue that is ready to be resolved.

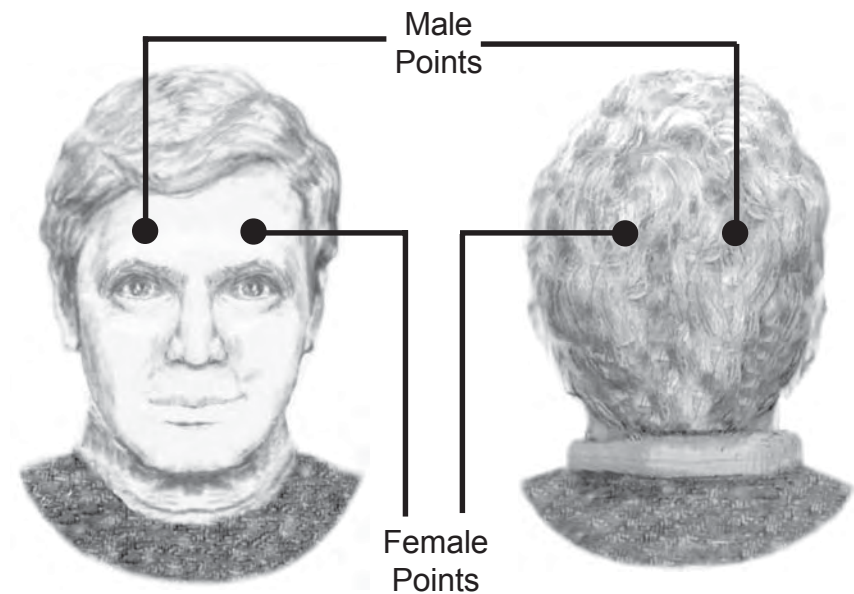


Figure 15. Neurovascular Emotional Testing Points

This neurovascular point is also referred to as the emotional point. It is related to both the stomach and bladder meridians. Most everyone is familiar with getting a stomachache while experiencing emotional problems — especially children. The bladder is related to the sacral chakra, which is related to emotions. The AK practitioners suggest holding these two points to relieve acute emotional stress or even

trauma. Use a light touch with the fingers and a slight upward tugging motion until a pulse is felt and becomes synchronized. It is also beneficial to either think about the emotional stress or talk about it while these points are held. This method can alleviate, at least temporarily, the acute stress or trauma. I have not found it to eliminate chronic emotional issues, but at times it can be useful to temporarily ameliorate any acute stress.

Another method to determine an emotional stress, especially if the points are not positive (are not testing as weak), is to have the testee talk about the issue and then test to see if a previously strong muscle becomes weak. This in itself may cause the stress to surface and the front emotional neurovascular reflex point to now test positive. Conversely, if an emotional point has tested weak, and the testee then talks about the **relevant emotional issue**, the point will instantly strengthen, if only for a few seconds. Complete resolution of the emotion will keep it strong.

Holding the Layer II (emotional layer) vial will sometimes reveal a weakness that was not apparent. If the neurovascular holding points in the front are strong, then the points in the same location in the back of the head could be tested. If there is a weakness in the back and not the front, this means that either there is an emotional issue that the body is almost ready to resolve or that there is an emotion that is being suppressed. Generally one would know the difference by their feelings.

If I test the back to see who or what a weakness relates to, quite often that is enough for it to move forward to be treated. The recognition of the source is the key and can be a large part of clearing the issue. Sometimes cleansing the lymph and blood systems will move what is showing in the back to the front. The body is now more ready to move forward to handle the next issue. Issues that surface can be new or very old. Testing will tell you which, once you learn how to ask.

Sometimes the points on the same side of the body will test weak in both the front and the back relating to the same person and situation.

What I have found is that the more “accepted” emotions, such as sadness and grief, show in the front while the less accepted, negative and sometimes covert emotions, such as fear, guilt, anger, and rage, show in the back. Holding the “Effective/Treat” vial and testing to determine which weak point is strengthened tells which one to focus on first. Quite often when that emotion is resolved, the other related emotion may also be released.

Organs and Related Emotions

In the acupuncture system there are paired organs, one yin and one yang, which share relationships, including emotions.

Yin	Yang	Emotion
Liver	Gall bladder	Anger/rage
Heart	Small intestine	Joy
Spleen	Stomach	Sympathy
Lung	Large intestine	Grief/sadness
Kidney	Bladder	Fear
Circulation/sex	Triple warmer	Joy

Testing a weak organ may lead to its related emotion.

Earliest Recollection

Another pattern that I have researched is the reason for and elimination of the “covert” emotion showing in the back. I went through a process myself and then worked with my research clients to see that it was effective (and simple to do).

Rose and I visited with Dr. Leo Sprinkle several years ago. Prior to that visit, I read something in his book that had stuck in my mind.¹⁹ This was about “Earliest Recollection” (ER). Dr. Sprinkle stated in his book that: “Alfred Adler, M.D., colleague of Sigmund Freud, M.D. and Carl Jung, M.D., used the ERs of his patients to assist them in their psychoanalysis. Adler argued, with examples, that the ER of each person provided him or her with an interpretation of lifestyle or self-attitudes. Sprinkle further stated that: “Adler argued that we ‘forget’ other early memories, and we focus on that specific memory that teaches us a lesson: the lesson of what life is all about and what we can expect from ourselves and others around us.”

I had thought of an ER at the time but didn’t know what to do with it or how to follow through to resolve the situation I remembered. I went back to the first time as a child that I **remember suppressing my emotions**. The lesson I learned as a child was that if I suppressed my emotions, I would not be made to feel embarrassed and frowned upon by adults. This time it completed a shift in my body. From that point on, the negative, covert emotions did not test the same way. Somehow it shifted my covertness to more of an overt manner. I used that same idea with clients and asked them to recall the first time they remembered, as a child, feeling embarrassed and suppressing emotions. Within days of this their body shifted out of the covert testing mode in the back.

Both types of emotions can still show. I don’t totally understand the significance of this, but I believe it is a step to my being more “up front” with myself and others and owning my covert emotions as well as my overt emotions.

The testing is still the same once a person reaches this point, except instead of testing the back for a related covert emotion, it is tested by placing the back of the fingers on the same point in the front. Now if the points in the back test positive, they are not covert emotions relating to the same situation that exists in the front. Instead, they are emotions relating to other situations that are not yet ready to move

forward to be resolved. These can show in the back both as overt (testing with the fingertips), or covert (testing with the back of the fingertips), both relating to the same issue.

Male and Female Sides of the Body

Through years of testing the neurovascular emotional points I have observed that the right point relates to male issues and the left point relates to female issues. The male side could also relate to organizations and the female side to Mother Earth. Again, when a weakness on one or both points tests positive, it means there is an emotional issue that your body is ready to resolve. If the points are strong, that does not mean there are no emotional issues. They just are not prominent at that time.

There are subtle energy channels of the chakra system, called nadis. Of the many nadis, three are considered primary. The first is the sushumna, a central column of energy that runs from the base chakra area. Most drawings generally show it stopping at the level of the sixth, or brow chakra, while others believe it extends higher. The sushumna channel connects the primary seven chakras, which are located along the sushumna.

The two other primary central nadis are the ida and pingala, which relate to female and male energy. The subtle energy of these two nadis flows between the base chakra and to either the nostrils or the brow chakra (depending upon whose book is read). They circle the sushumna channel in a figure eight pattern and cross either at or between the chakras (again depending upon the book read).

According to Judith,²⁰ the ida nadi represents the feminine energy and flows downward while the pingala represents the male energy and flows upward. On the left side of the head area, the ida begins its downward flow. The pingala begins at the base chakra and ends its upward flow at the right side of the head area.

It has been stated that patterns of the yang pingala nadi correspond to the functions of the left hemisphere of the brain, which controls the right side of the body — what I test as the male side. The patterns of the yin ida nadi correspond to the functions of the right hemisphere of the brain, which controls the left side of the body — what I test as the female side.²¹

As well as relating to either male or female, I have found that the right side of the body can relate to current life while the left side can relate to a past life. But it is the male/female aspect that generally predominates.

PAST LIFE CORRELATIONS

For years I heard Rose comment that she didn't like working with past lives. I have come to the same conclusion. I have seen and heard of people who appear to be either stuck or somewhat traumatized by what they have learned — generally from others, not themselves. I suspect if there is something in my past that I really need to understand to help this lifetime, then it will surface on its own for me to see from within myself. Otherwise, I choose to look to the present and future, not the past as much as possible.

THE ILEOCECAL VALVE (ICV)

Whenever I find the male neurovascular emotional point test positive, there is also an ICV problem present. It does not matter what emotion is showing.

The ileocecal valve (ICV) is located on the right lower quadrant of the body between the end of the small intestines and the beginning of the large intestines. Its function is to open to allow passage of food from the small intestine into the large intestine and also to prevent the contents of the large intestine from flowing backwards.

Its normal position is closed until there is totally digested food ready to flow into the large intestine. The ICV can get “stuck” either open or closed. When it is stuck open it allows the bacteria-laden contents of the large intestine to flow back into the small intestine. When it is spastic and stuck closed, it does not allow the passage of the digested food from the small intestine into the large intestine. This food can putrefy and become very toxic.

The symptoms of an ICV problem can mimic almost anything else. What I always notice first in myself is that I feel a slight dizziness. I also notice that my energy is substantially decreased. Many people get headaches. This could be caused by a toxic situation or it could be caused by a male-related emotional issue. When the ICV is testing positive, it can also make other testing unclear.

This occurrence can be a key factor for many to test for, especially practitioners. This male-related emotion is not a currently known pattern for the ICV. Many times I visited AK chiropractors who did find a problem with my ICV, but, of course, did not know about the relationship to the male issue. Quite often, the ICV was adjusted and I was told to eliminate high roughage, and spicy or raw foods for a few days. Now I know why neither one seemed to help. There are other factors associated with the ICV where this would be the correct therapy and diet. However, what I have found is that if there is a male emotional issue testing, the ICV is always involved.

The ICV can be tested by therapy localizing (TLing) to the valve area itself. This TL is the same whether the ICV is stuck open or closed. TL by holding the palm over the ICV and testing. If a strong muscle is weakened by TLing the ICV area, that means there is an ICV involvement. The testing can also be done using an “ICV 4X” test vial.

The ICV is involved with the kidney acupuncture meridian, which is related to the sacral chakra, which is related to emotions.

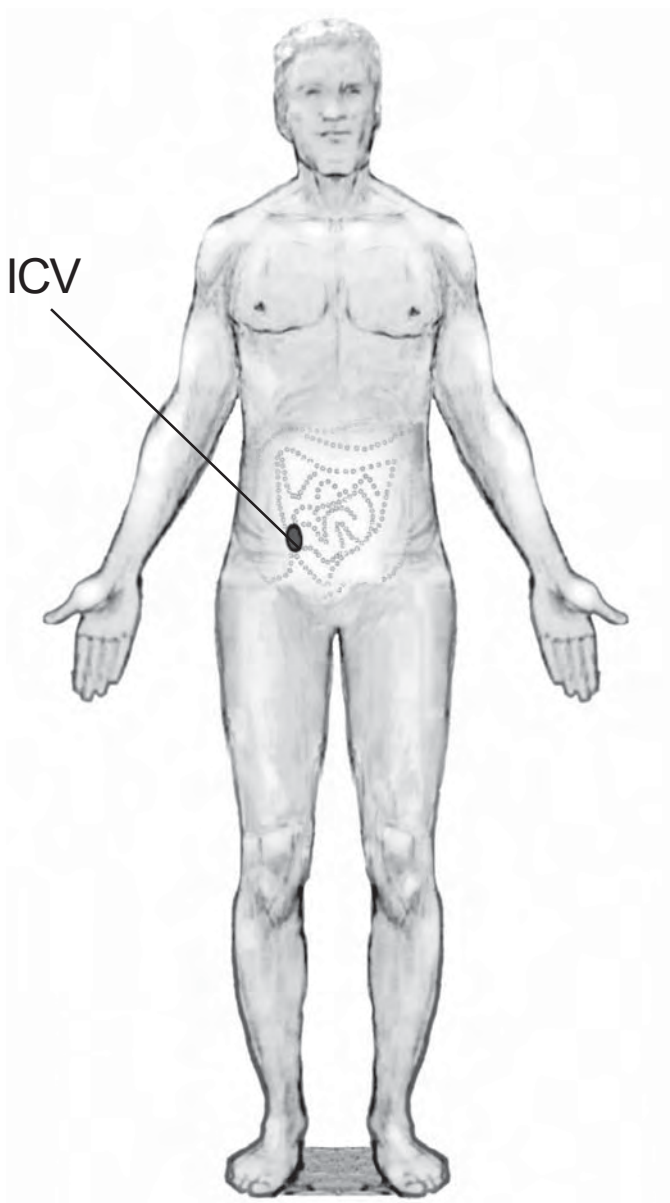


Figure 16. Therapy Localization (TL) to Test the Ileocecal Valve (ICV)

THOSE DAMN MALES AGAIN

Sorry, guys, about “Those Damn Males Again.” Nothing personal but that’s the way it feels when we are trying to clear leftover “stuff” from old relationships. “Those Damn Males Again” was the subject in an e-mailed response I received after informing a female friend that another “male issue” was showing in the testing and needed to be resolved. That subject title has stuck with me since then.

FOODS

Recall from the section on testing foods that dairy relates to issues regarding females, fruit to males and grains to oneself. The related food as well as “good” water will test weak “in the clear” and will cross-test to the relevant emotional point.

Recognition

You can’t heal what you are not aware of; you need to recognize and feel your emotions. For most of my life, I was never really in tune with my emotions or aware of how I felt about situations. I am not the only one to have wondered if **holding onto emotions may be responsible for also holding onto toxins**. In my mercury excretion test, I was a very low excreter — virtually a retainer of mercury. This may also account for my previously very high level of toxicity and possibly even heightened sensitivity to many things.

The body knows and tries to tell us what it needs — we just have to learn how to listen. I have worked with Rose to learn first to recognize THAT I am FEELING something and then to recognize WHAT I am feeling. My next step was to always know HOW I felt about something and to understand and be clear about WHERE I stood on it. These steps were essential to help clear my old stored

emotions as well as understand and resolve new situations as they arise, instead of suppressing and storing them.

I just suppressed and held onto them. I have stated before that recognition of the source of any concern is a major step towards resolving it. Generally focusing on or talking about the concern will bring it up into the consciousness. Sometimes I need to sit or lie down when it is very quiet and focus on my heart area. I ask my body to let the emotion surface. Usually within a short period of time I will begin to “feel” the emotion. “Feeling,” not thinking about the emotion was an important step for me. If it is sadness or grief, sometimes I will just start to cry. I may not know what it relates to, but I can feel the depth of it. Then, if need be, I can test to see who it relates to. Once I know who, I can figure out the “what.” Once I feel the emotion and know who/what it relates to, my body (not my mind) continues to resolve the issue.

Deep emotional issues will surface on their own and in their own time if you are open to it. It helps if your body and environment have been cleansed enough so you are strong enough to begin the process. When I have had very deep, long-term emotions to resolve (begun when an emotional point tests weak), I have had to ask my subconscious to let the information surface to my consciousness. These emotions will quite often test to the Etheric Plane — related to the subconscious — and the brow chakra, something you need to see. These deep-seated emotions that had long ago initiated life patterns were almost like covert programming that I “fell” into and they stayed with me without my awareness. More recently I have been able to go deeper into my old emotions and their conflicts to see how they relate to many aspects of my life, even their ability to initiate lifelong behaviors and patterns. Sometimes once I recognized the problem, it could still take weeks or longer for me to resolve it (or let it go?). Sometimes my mind does need to get involved to help recall more information.

I learned from working with Rose that **the body knows the truth and the truth shifts the emotions. When the body (not the mind) hears the truth it responds instantly.** This includes strengthening an emotional point. I have observed that when there was a realization or a major shift, I would instantly burst out laughing or even giggling. Sometimes it was just a smile and sometimes it was tears, but my body told me even before my mind had a chance to figure it out. Then I would go back to let my slower mind comprehend it. It was like an awareness of the final release for that situation.

Early on while working with Rose, she would ask me if I felt any change in my body after we had discussed an issue — feeling either stronger or weaker. I never did, so she would have to tell me when my body changed. Finally, after at least a thousand times of hearing “get out of your head and into your body,” and actually trying to do it, I finally started to feel a subtle change. That subtle change is now beginning to be less subtle and I am becoming more aware of what is happening on the emotional level in the present time. That subtle shift will allow me to recognize and then resolve my emotions rather than unknowingly suppress them.

Quite often now if something happens that doesn't sit well with me I will feel a huge decrease in physical energy. When I suddenly feel very tired for no apparent reason I look at what has just happened and work to resolve it immediately. If I become angry, I usually recognize that by an “uncomfortable” increase in energy. Recognition of these shifts of energy in my body — both increases and decreases — has led me to resolve current emotional situations.

Rose also said that “it only takes one word sometimes for the body to recognize the truth and then all of a sudden it starts to release.” In our working together, there were many times when hearing a truth would trigger first the awareness and recognition in me, and then the release. Once I understood my own emotions, then my body shifted and automatically eliminated them.

Many times Rose has told me that “your body is your Geiger counter and your emotions are your barometer.” My body very much is my Geiger counter. Quite often even today it will jerk while hearing a truth that I really need to acknowledge.

Voicing

Dr. John Diamond in one of his seminars taught that right-brained people need to hear themselves talk and that they were more balanced from that process. I found it beneficial to voice my emotions, if only to Rose and not the related person — something new for me. Sometimes when Rose explained something to me I needed to rephrase it and voice what I thought she was trying to teach me. What I finally realized was that speaking it out loud allowed my ears to hear and take it in again. That feeds it to the brain/mind again to go through and process the information. Then if I arrive at the same decision, that confirms my belief and reinforces where I stand on the issue. People who are not able to or are not comfortable voicing their emotions may choose to keep a journal and write down their experiences and emotions. Rose has also taught me that I should know my convictions and where I stand on all issues. Re-voicing allowed me to confirm where I stood, if only to myself.

I have worked with clients and told them what was showing in the testing and who I thought it related to. As soon as I, or the client, said the name of the individual that it related to, the emotional point went strong again for a few seconds — enough time to test to confirm. Their voicing their emotions to me quite often shifted it.

I had tested and found fear at the back of the throat chakra and on the male emotional point of a client. He didn't know what it might be. Within a few minutes he mentioned about a friend who had just been diagnosed with cancer and he was very concerned. I then checked him after he had **voiced his fear** and the throat center and male point were now strong and remained strong.

Testing and Making Statements

As discussed previously, statements can be made and tested to determine what “truth” shifts the current issue being tested/treated.

While T'ing a weak emotional point, begin to make relevant statements. First test to see who it relates to by saying: “This relates to _____.” If the weak muscle is now strong, then you know who is involved. Don't forget to ask if it relates to only yourself! The strong muscle quickly resorts back to a weak muscle again. Then begin testing to see what emotion(s) is involved. This can be done by making and holding different emotional vials or by making statements, such as:

“This relates to anger.”

Then go through the list of emotions, such as rage, guilt, fear, grief, sadness, anger, betrayal, etc.

Then when you know the person and the emotion, find a quiet time to go into what is truly bothering you — why you are still holding on to this issue. If you can't resolve it, then go back to make more statements to determine what specific situation it is or what aspect it is that you need to learn or know. Is there something unresolved that you still want from that relationship that you need to figure out and then let go of? If this is an old, deep issue, look to see if you may have taken on any subconscious aspects that could be negatively affecting you. Has there been a loss of power with this situation? If so, why? Then pull it back to yourself. The emotions can also be cross-tested to the points and charts.

The Chakras and Emotions

Sometimes I find the heart chakra, the throat chakra and the brow chakra weak from an unresolved emotion. If I am having difficulty resolving the emotion, I will test the “Effective/Treat” vial on these weak chakras, in order to determine my next step. Generally it is the

heart chakra that needs attention, at least first. When that occurs I may need to **feel** the emotion more. At the same time the heart chakra is weak, the ribs test weak — where the emotion is also blocked and not being released. Once I really feel what the emotion is trying to tell me, the heart chakra will strengthen. That allows the kundalini to more fully rise up the sushumna to the throat chakra. If it gets stuck there the throat chakra will still be weak. That means I may have something I need to **say** about the emotion. The jaw area will also test weak from the blocked emotion. I say this out loud while by myself. Again the kundalini rises, now to the brow area. If the brow chakra still tests weak, there is something I need to **see** about the situation, and my eyes test weak. Once I see what I have missed, the kundalini is free to continue its upward flow. Sometimes my eyes seem to hold the memory of something sad that “they saw.” When this occurs my eyes are sore and I just ask them to release the pain of what they took in. Statements can be made and tested at each chakra to confirm the next step.

If these chakras are weak but the emotional points are strong, this may just be a realignment, which can be confirmed by making that statement and re-testing.

The suppression of my emotions, which also suppressed my kundalini, is another example of how our old, unresolved and ignored emotions also suppress our life force.

Rose has told me that she believes “all emotions come directly from the Being from the heart.” If it’s missed and they don’t feel it in their heart of hearts it may register in another part of their body. That may be the “pain in their leg.” That pain in their leg is the next opportunity for them to open up to it and to “get it.” As Rose stated it, “That really takes openness for people to be very responsible for themselves and everything they feel.”

I “saw” my experience of this first hand several times recently. The first time was when I sold my condo in Snowmass. I had not wanted to sell it, but needed to in order to start my new home. I sold it with the

agreement that I would live there another seven months. There was a call the first day it was on the market with an offer in days and a firm contract within one week from its being offered. During that week I had a slight cold. I never get a slight cold. It's either none or full force. This was very mild but enough to let me know I was ignoring my deep feelings about selling. I suspect it was also mild since I wouldn't be moving for another seven months. There were no more symptoms until I started to pack. Then I started to get cuts, like paper cuts, but **deeper** close to my fingernails. They were a sign for me to listen to (and feel) my heart, which I did not do; they were a physical manifestation of emotions I wasn't feeling. I told myself I was too busy. The first day that I moved part of my belongings to my new temporary residence, I opened a can of artichoke **hearts** while fixing lunch and received another **deeper** cut. This one got my attention: a deep cut when I still had packing to finish and boxes to move. I still didn't pay enough attention — and still had new cuts appearing as the previous ones healed. After I was moved and was somewhat settled, I finally took the time to “see” what was happening. The condo in Snowmass, as tiny as it was, was where Don and I had some of our best times together. We had owned it for about 15 years before his death and spent most of our vacations there. This was also the last place of “ours” that I still owned. The cuts were about leaving, which was another step forward — by myself. I finally **felt** what I needed to feel.

When I left my religion, there were also the same type of cuts. Again, I was leaving something behind as I moved forward, but this time there had been some mind manipulation involved in the leaving.

My client who moved from his home where he raised his kids also began to get the same type of cuts in his hands near his nails. I told him my story and that I suspected it was the same situation — he needed to acknowledge and feel the memories — and then look forward to the new memories. Like me he is in his head a lot and not feeling what his body already knows.

I see our cuts as outward manifestations of our inward unseen feelings which we have subconsciously produced. To me, these cuts are similar to the cuts that teenagers intentionally do to their own body. It is as if they do not know how or what to feel or do with their emotions, so instead of feeling their painful emotions, they cause themselves to feel physical pain, which covers up and suppresses the source of their real pain. Is what they are doing consciously really any different than what we are doing subconsciously? At least they are aware of the presence of an emotional issue.

Then during my move into my new home I started to get a sore throat, my first sign of a cold or flu. At the same time, emotional issues were showing, in particular, sadness, because this was another step forward without Don.

Because of the “coincidence” in timing I was suspicious that the cold symptoms and emotions might be related. Further testing and discussions with Rose confirmed that for me. I had been holding these emotions to some degree since Don’s death, perhaps needing to recognize the feeling and release a little more with each major step forward. The emotions were the core toxin and the virus was the scavenger.

Emotional Well-Being

Rose has stated that a strong emotional state is critical for a feeling of real well-being. I have felt and also found by testing that there is a significant decrease in my energy level when emotions are showing. The body does not release and eliminate other toxins as well during this time. I have been amazed sometimes at how sick and tired I felt when there was an emotion that had surfaced and was “active.” I never would have thought that “just an emotion” could make me feel totally exhausted or that the resolution of the emotion could almost instantly make me feel well and energetic again.

There are a few suggestions I learned from Rose both to help me release emotions and to enjoy myself more fully. There was one time I just couldn't resolve an issue. Her comment was to "just shake it off." It worked wonders — and instantly. Especially on less important daily aggravations those four words are very useful: "Just shake it off." She also talks about the importance of being a good listener. Since my life had changed so much she taught me to concentrate on what I could create in the present and future and not focus so much on what happened in the past. That suggestion I have gone back to many, many times. One suggestion is useful especially when I am with people with whom I don't have a lot in common. She said that there is always at least one common thread with most everyone I would meet. The key would be to find and focus on that common thread to find joy in all contacts and all situations. Another suggestion which I have found very useful is to feel joy from seeing other people happy, even if they are strangers. This is especially beneficial since I have been alone much of the time since Don's death.

I previously mentioned that I have lived in resort areas for the past seven years and one of the things that I really enjoy doing is offering to be the camera person for tourists or even other skiers. Quite often one person is left out of the perfect vacation memory and people are so thankful for my offer, which of course brings me into their joy.

The Advantage of Clearing Emotions

I have used and taken homeopathic and essence remedies for many, many years. This would include the various types of flower essences and combination remedies specifically formulated for emotional issues.

Having worked with Rose for a number of years, I find it far superior to learn to recognize and resolve my emotions when they are occurring. I also find it better to go back to the old stored negative emotions as

they surface and resolve them rather than taking a remedy. I am concerned that taking something as a quick fix will not go deep enough to actually fix all of it. During the resolution process I learn more about myself and how these emotions/hurts have established lifelong patterns of action in me. How could I change these negative patterns if I didn't go into the emotion to recognize them?

On occasion when I'm stuck, I still test, but do not take the flower essences to gather more insight.

Since emotions are core toxins, their complete resolution allows the companion scavenger (live) toxin to be completely eliminated. (See Scavenger section for further details.)

Others' Emotions

On rare occasion while testing, I have found someone else's feeling or thoughts about me show in my body, both the front and the back. I suspect they were not intentionally directed to me; nevertheless, they ended up with me. When that has happened, I talked to my body and said that they were not my emotions and to let them go and flow through and out of me. Immediately they went out my crown chakra.

Release of Emotions from the Body

Most emotions usually don't leave the body over a period of time like toxins do. Once they are totally understood and resolved, they are gone. If they are not totally resolved, they will show again until they are resolved. Once resolved, their scavenger will then begin to be released faster, but will still take more time than the emotion.

Anger

Anger (as well as love) has been the emotion easiest for me to recognize. I soon realized that the anger I felt or expressed at the little annoying things was not the real source of my anger. The little things were only connecting me to my unresolved suppressed old anger. I learned to let out the recent anger in order to try to connect with its deeper source. Instead of lying down like I do with any sadness or grief, movement seems to bring up the anger. Years ago a physician I worked with suggested hitting pillows to bring up any anger. What really worked for me was throwing or hitting things. My fist meeting an oak wall unit was a bit of a distraction in itself so I settled on throwing a large pair of socks. This took a lot of action to try to throw something so light and make it bounce! It did help to bring up verbalizing of my feelings, which led me to figure out who and what I was angry about.

What I have found with the testing with me and others is that there is always an overt emotion with all covert type emotions. The overt emotion with anger or rage is almost always related to sadness or grief. Once my anger surfaced and was recognized, almost immediately the sadness would surface — usually followed by feeling it and sometimes releasing it by crying.

I had many conversations with Rose before I got to this point of being able to deal with my anger.

Some of her words of wisdom to me about anger were: “When you have rage or anger, first acknowledge that you’re angry. Second, do not project it anywhere — just acknowledge you’re angry. Then once you acknowledge you’re angry, you just know where you are. Then invite yourself to open up to the knowledge. It’s a whole chain of events. Choose to break the chain of events — finally get it so you don’t have to repeat it again. My whole approach is first to own that you are angry. All it is, is just being in touch with your energy. Once

you own it, then there's a transmutation that occurs that doesn't manifest as toxins, blocks or disease. You can change that energy which you call anger into something different."

At another time she told me: "The anger gives you the charge (kundalini) you need." She could feel my kundalini starting to build. "All you have to do is get the kundalini rising up — get angry. **Anger is only passion to your truth — the depth of it and the amount of force needed to change it into something greater.**" I needed to unblock the suppression of the emotional level to allow the kundalini to rise.

Rose had also told me how I needed to focus more on my future, not my past, to help fuel my kundalini. The kundalini needs the thought process for me to keep moving forward and not get stuck in the past. As she explained it, "Instead of fighting the past, it's more transmuting the energy towards the future."

A Covert Emotion Solution

While working on the preceding Anger section and thinking about covert emotions, I was also thinking about how much easier it would be on the body if we didn't need these covert emotions that keep us "weak under the feet" (see the What's Happening Under the Feet? section).

So I took a longer look at the covert emotions — especially the more prevalent anger and rage — to see if I could see any solution. I did have some ideas, which I immediately tried on some of my research clients. My thought was that my anger or rage was serving a purpose. It was acting as a messenger, telling me that I had a deeper emotion than the anger or rage to recognize — a "hurt." I already knew about the anger; it was no longer covert. It was the overt emotion, usually sadness, that I wasn't as easily aware of.

Rose had told me that anger or rage was just a force. Now I was seeing that force as a signal alerting me to the other emotion — more of the real “hurt” to not suppress or ignore.

So my sense is that if we choose to recognize the covert emotion and accept it as a signal or force to assist us to recognize where we stand, we can then begin to embrace, feel and resolve the overt emotion, and let go totally of the anger or rage.

I understand this is only working with a few emotions; but it did work with my research clients. But when they chose to ignore the overt emotion, the anger or rage returned to remind them.

Why not apply this theory to more of our emotions? Let's choose to learn from our experiences and emotions. Learn to recognize what we like and don't like so we can make the right choices for ourselves in the present and the future — and allow our full life force to flow.

Emotional Causation and its Seemingly Unrelated Physical Symptoms

Recently I experienced a very deep emotional and physical cleansing that resulted from an unresolved emotional conflict that had produced subconscious belief systems that has negatively influenced much of my adult life. This surfacing of these subconscious issues has shown me how and why I have reacted to certain situations during my life. This gradual unfolding process has given me deeper insight into myself, as well as the disease and healing process.

My first symptoms were cuts in my hands. Over the years these have occurred many times, initially while living in my then-toxic home in Virginia. I never knew the cause for them. They were like very deep paper cuts either near my fingernails or knuckles. When one cut would heal another one or two would surface. Homeopathic remedies would quite often speed up the healing but not eliminate the source of the problem. Hands relate to both the heart and throat chakras.

This time the cuts started on my knuckles on the left hand (female side). A month later they began to also appear on my right hand. Later there were bumps on the back of my now-raw hands with dryness and itching. There were also changes and sensitivity in the bony areas of my hands. There was also swelling of the finger joints, a symptom I remember having for the first time at age 18 and only occasionally thereafter. I did see a doctor at that time and he thought it might be the beginning of arthritis. He suggested taking aspirin (between 8 and 10 per day), which I chose to not do. I felt this symptom on very rare occasions, but it never bothered me. I had even forgotten about the suggestion of arthritis until recently. My feeling at age 18 was that I was neither going to get arthritis nor was I going to medicate myself!

It was almost seven months later, when my hands began to heal, that I was confident about their cause. Their healing began when these other symptoms surfaced.

The next phase happened literally overnight. I had planned to ski the next morning, but soon cancelled my plans. I woke up with all the teeth in my lower left jaw and later my upper left jaw so sore that only body temperature food or water could be tolerated. It also became too painful to open my mouth to talk even with the warm indoor air temperature. Then my left jaw, facial bones and inside of my left mouth area became very sore.

That morning I also woke up with a slight headache in my forehead — an indication to me that I needed to “see” the source of a subconscious emotional issue.

The female emotional point tested weak to both sadness and loss of power. The loss of power told me that this conflict created a huge energy drain. It took two weeks to see the many different areas of influence.

I felt extreme exhaustion for two weeks primarily as a result of the jaw bacteria and root canal scavenger-type toxins that were being released from the left jaw, mouth and face area as well as most of my body. These left-sided symptoms also confirmed the left-side female

issue. As more and more of the related emotional issue surfaced, more of these scavenger toxins were released from their long-term storage sites. Sometimes as soon as I “got” the next insight, I could feel the release of the next wave of stored toxins. This even included the release of old geopathic stress toxins.

This left-sided jaw pain had been a symptom all of my adult life. Based on a combination of the emotional testing results and physical symptoms, I knew this was a **very** deep issue to resolve. Even two weeks before the fatigue set in, I had noticed feeling toxic the day after my workouts — not my normal reaction.

During this process I tested different remedies and frequencies to aid in both the elimination and pain. I tested many of Royal Rife’s healing frequencies and was surprised when 1550 Hertz (Hz) tested “Well Tolerated.” According to Rife this frequency relates to tuberculosis (TB).

I then tested the Intox III vial, which was weak and was strengthened by Tuberculinum 200X (miasm potency), which was also weak in the clear. The Tuberculinum 200X also tested using Layer II, the emotional layer — another clue to a possible emotional connection. The Tuberculinum 200X then cross-tested to the female emotional point. The core of these primary test vials cross-tested to the left lung.

In the acupuncture system, sadness relates to both the lung and large intestine organs. So the left (female) lung weakness made a lot of sense. I read the homeopathic materia medica repertory information (derived from provings) on Tuberculinum, the nosode from a tubercular abscess. Many symptoms, including the sadness, fit me at that time. As soon as my body “recognized” the existence of the TB miasm, it instantly began to release it out the crown chakra transmuted — changed to a nontoxic form. It was totally released within three days. I did use the 1550 Hz frequency for two days (as well as the primary LFA), but did not need the nosode or any other remedy.

While living in Virginia I quite often tested for and took homeopathic remedies for a TB miasm, but I was never able to eliminate it. After moving to Colorado and during the time I was clearing

the geopathic stress and other toxins from the Virginia house out of my body, the TB miasm never showed. It finally surfaced with this deep emotional issue, only to be resolved in days!

Since this experience I have seen a TB miasm related to an emotional (again female) issue with a female research client. We may have had a tendency towards this miasm, but there is no doubt in my mind that the emotional issue initiated or triggered the TB miasm. I have also seen other standard-type miasms appear with the surfacing of deep emotional issues.

With this knowledge, practitioners may test and now “see” the relationship between deep emotional issues and the creation of miasms and other seemingly unrelated physical symptoms.

I believe many of my toxins were jaw related and were stored and locked into the jaw area because I did not “voice” my objections and feelings relating to this emotional conflict when I experienced them — an action of the throat chakra. Instead I ignored and buried my thoughts and feelings. The resolution was accomplished through recognizing and voicing to myself where I stood on these issues.

Towards the end of this process, subconscious anger towards myself surfaced. I was angry at myself for not speaking up to resolve this emotional issue instead of just shoving it deeper inside, allowing it to manifest further.

For further insight into emotional issues, I sometimes refer to Louise Hay’s book *Heal Your Body*.²² This book contained several relevant “causes” that pertain to this experience:

Cuts: “Punishment for not following your own rules.”

Bone Marrow: “Represents deepest beliefs about the self.”

Hands: “Hold and handle.” “Ways of dealing with experiences.”

I suspect the storage of these deep-seated emotions — resulting in a loss of power — and their jaw-related toxins, were at least partially responsible for the loss of many of my teeth during the time I was reacting to the geopathic stress in Virginia. I suspect that, due to these unresolved and overriding emotional issues, my jaw couldn't handle the added toxic burden!

I was able to “survive” this process without needing the assistance of a dentist because it was a natural healing and cleansing process, not a disease process. I also now live in a “clean” environment conducive to healing.

Even though I was exhausted from the release of these deep-seated old jaw toxins, I found myself humming and singing. That's an excellent indication of an improvement on a deeper-than-physical level.

At the end of this healing process, its related GEEL miasm appeared (discussed in Part III). Perhaps the earth-link connection as a result of this GEEL miasm was the source of the recent release of geopathic stress.

God's Perspective

When I have had problems resolving difficult emotions that seemed to be overwhelming me, Rose has helped put things into perspective: As she has said, “This is related to God, which is greater than any of this — that even though we may be housing these emotions in our body, it's just a small molecule compared to the massive God energy. There is a greater source to go to within yourself and that greater source can help that little molecule of fear, sadness or rage. That's when you have complete alignment — from one point of God to all the other points in your body.”

Chapter II-6

Advanced Testing



What's Happening Under the Feet?

When I first saw illustrations in *Wheels of Life* which showed the sushumna, ida and pingala nadis,²³ and showing the minor chakras and their pathways — especially the hand and feet chakras²⁴ — I instantly knew there was something significant to learn here. I had no idea what that was, so I just started testing and observing myself over a long period of time. I am still learning more about energy flows from testing these areas. One of the many significant areas was this “Energy Pathway” I discovered from testing under the feet.

I saw that my energy pathway was weak under the feet much, but not all of the time. Later I saw that some people were also weak much of the time, and others weak all of the time. There are several consistencies that I find in everyone when they are weak under the feet. If one foot is weak, then the other foot is weak. All the chakras front and back are weak,

all the nutrient points are weak, the hormones are not balanced, emotions may show front and back, the spine and the reptilian brain test weak (along with most other organs), and all the planes of consciousness test weak. My testing indicates that it is the radiation from double grid geopathic stress that is entering the body and is responsible for the temporary imbalances in the nutrients and hormones. Any toxins that are leaving the body generally are going out the left foot not transmuted, not out the crown chakra. When the feet are strong they go out the crown chakra. With use of additional LFAs, they will also go out the crown chakra transmuted.

When the feet test weak, the essence/frequency of every disease, toxin and many very negative emotions that I can test for show as coming up the right leg, entering the nervous system and traveling up the spine to the reptilian brain. These are not our own toxins or emotions. These are energies outside of ourselves that we somehow have tapped into. Most of these toxins are being stored in the body and not released. They are released soon after we remove the **cause**. Since determining the cause may take time, I have developed two LFAs. If an Energem is being used in the home and one of these LFAs is said at least once daily, the feet will usually stay strong. This is only a “Band-aid” until the cause is resolved. The core chakra in the front is the base (earth and survival) and the core chakra in the back is the throat (reptilian brain location).

Repeated testing over a long period of time showed a connection between the reptilian brain and the base chakra. This was a clue as to the cause and solutions. I had previously done some reading and testing on the reptilian brain. The reptilian brain is the oldest part of our brain — **evolutionarily**. It is related to our basic primal survival instincts (again related to the base chakra) and regulates our fight-or-flight response. The fight-or-flight response also relates to the adrenals, which is the gland of the base chakra. The reptilian brain has a similar shape and function as the brain of a reptile. The primitive, automatic

behaviors of the reptilian brain tend to cause us to repeat our mistakes, instead of learning from them.

I found geopathic and electromagnetic stress also entering the body — even in people who had an Energem in their home. The geopathic stress told me that somehow we are tapping into or opening ourselves up to areas outside of our immediate area. I don't find all of these toxins in our atmosphere, at least now. How could we be picking up geopathic stress (as well as all the other toxins) unless we were tapping/opening into an area deeper in the earth? Could we be tapped into a part of our own body that sets up a resonance with an outside site where these toxins do exist? So where else would they be but in the earth? Again, I suspect the reptilian brain is that connection, which is to the earth. I suspect it connects us to a deeper area of the earth that is more toxic than the crust of the earth.

As our consciousness and our body evolve, maybe we don't need to use the reptilian brain as much, or in the same ways. Part of the solution may be changing the way we use or access our reptilian brain, or accessing more easily other parts of our brain. This research is ongoing.

When our feet are weak, the toxins that are being eliminated go out the left foot — not transmuted — as if to be recycled again. Possibly they have been pushed deeper and deeper into the earth just as our own toxins are pushed deeper and deeper into our bodies until we can't survive that way any longer. Something has to give. Could it be that the earth is in just as much of a cleansing phase as many of us are? **Could it be that we are replicating what the earth has initiated?** My further testing makes me believe so.

The key factor causing this energy pathway weakness under the feet is geopathic stress. Use of an Energem in the home will correct this. The other key factor that I have found that relates to weakness under the feet is our **evolution**. When I am weak under the feet, something has taken me backwards in time — something that is old and is not the most

beneficial for me NOW at this particular time — and probably not in my future. In some way, I am stuck and not moving forward in some aspect of my life.

There's nothing wrong if we choose to stay in that mode. We can stay where we are. This is happening to me because I had made a conscious decision to evolve — physically, mentally, emotionally and spiritually. It is also happening to many other people at this time. There are people I have worked with energetically who, by their interest in energetic healing, have on some level chosen to evolve in this manner also.

My major concern is the amount of toxicity entering and not leaving the body. The use of either of the two LFAs will assist this and allow us to be where we want to be as long as we desire and without compromising our health. Those two LFAs are the “Grounding” and the “Moving Forward” LFAs (see page 254).

As soon as I find the cause and correct it, the weakness under the feet and all that entails rapidly disappears. The key point to keeping the feet strong is to **evolve — stay in the moment looking/moving forward**. This means we shouldn't get stuck in old memories, old patterns, old ways of thinking. We can test under the feet on a regular basis to confirm that we are moving forward and are utilizing the best of all that is available to us to assist in our evolution.

SPECIFIC THINGS THAT CAN SEND US BACKWARDS

There are many areas that I have found in myself and others that caused a movement backwards to occur. A major one is hanging on to old emotions and memories. It doesn't mean we forget them, it means we look forward to experiencing new ones that are just as wonderful as the old ones. This was a difficult one for me because of the loss of my husband. I saw this also in a client who was moving out of his home. We discussed this over the phone. As soon as he started talking

about all of the memories of raising his kids in that home, his feet instantly strengthened. That confirmed what the source of the weakness was. But it did take over two months after he moved to focus primarily on the new memories they would make, instead of the old ones.

I have also seen natural therapies, herbs and even homeopathics cause weakness beneath the feet. This doesn't mean that we must stop them, but we should at least understand what is happening and why and then re-evaluate our thoughts about our need to take them. I always test the remedies first to make sure they do not cause a change in my physical evolution and to maintain the flow of toxins out the crown center. If they test "Well Tolerated" in the front and the back, they should not weaken this energy pathway under the feet. I test this by first holding the remedy. If it is strong, I then test to see if the remedy has caused a weakness under my feet (see testing instructions below). If it does, then I do not take it. The stronger I am, the less I need the remedies. Taking the remedies when they are not needed is not beneficial and can slow or reverse the process.

One client received acupuncture (using needles) on a regular basis. I noticed each time that he would weaken under his feet. He felt like he was receiving benefits, primarily more energy, from these treatments, so we worked out a way (an LFA) where he could receive his treatments and just afterwards shift his body so that the feet were again strong and his toxins were again released out his crown chakra. Even acupuncture itself is evolving. Many acupuncturists that I have consulted have transitioned to using EAV/Vega-type testing methods for evaluating the body's condition and the primary use of homeopathy for treatment instead of needles.

Another individual was weakened by material that she was reading. I suspect it was not the reading itself as much as the mental process that it initiated. A woman was having problems as a result of taking infrared saunas. During that testing, I found that the ultraviolet

frequency tested beneficial if the feet were strong and the infrared frequency beneficial if the feet were weak. Further details on infrared frequencies and how to “fix” infrared saunas are given in the last part of the book.

I have found times with myself that herbs and homeopathics have caused a weakness. This is something that has gone back and forth for years now. One week they are OK and the next they cause weakness.

While doing research on the reptilian brain, and using the Energems and energetic work, I found myself fluctuating back and forth between the feet being strong and then weak. The reptilian brain research was causing the weakness under the feet while the Energems and energetic work were causing the strength under the feet. This created a tug-of-war within my body. I was fluctuating back and forth between cleansing out through the crown chakra and through the left leg — sometimes even both. During this time, I had severe left leg and hip pain, which lasted about four months until I had completed that part of my research. It felt as if the toxins/energies were stuck in my left hip and didn’t know which way to go.

I suspect as we transition from the old ways and move into the new ways — especially energetic means for therapies — that we will then stabilize in our new evolved ways.

HOW TO TEST UNDER THE FEET

Testing this energy pathway under the feet is very simple. You may use Figure 17 on page 202. (How to test under the hands and the side of the head is covered on page 209.)

Place a finger (TL) on the area under the feet — where the boxed “TL” is located in the drawing. If a strong muscle is weakened, then you may test further to determine the cause(s).

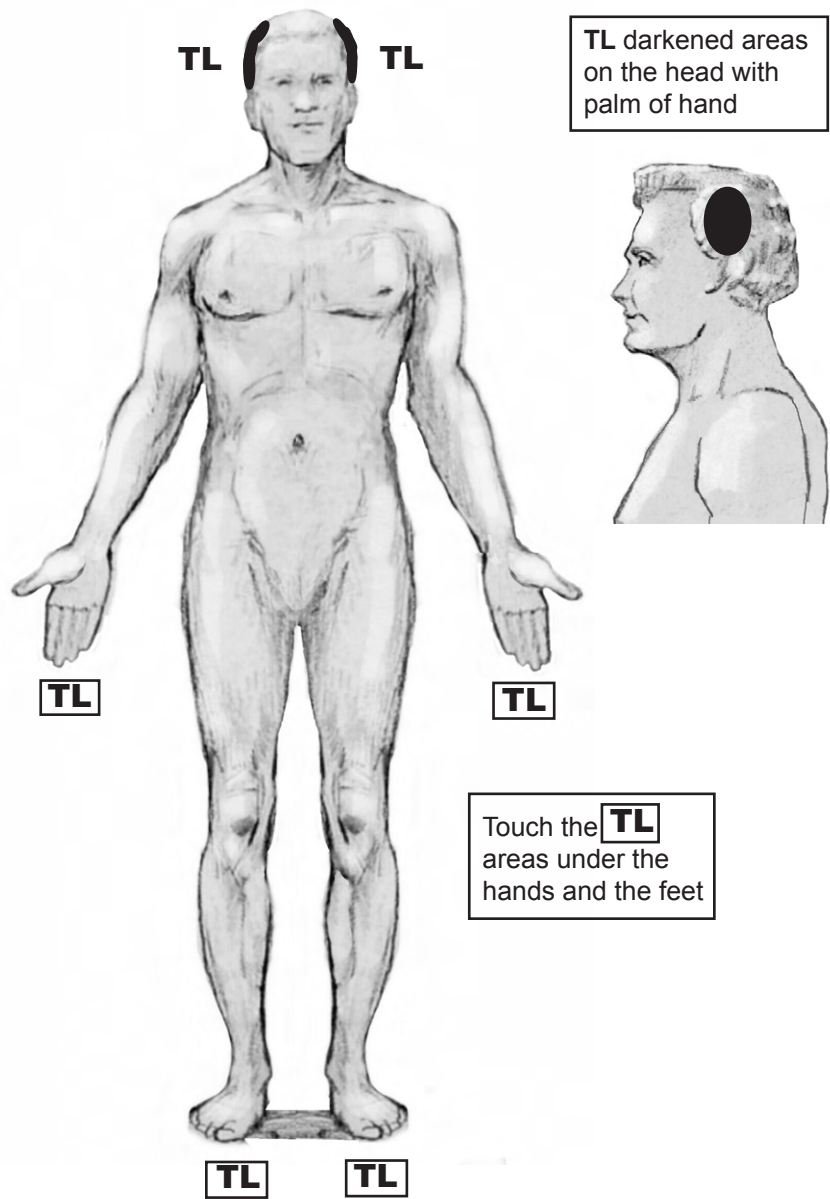


Fig. 17. Therapy Localization (TL) — Testing for Weakness Under the Feet, Hands, and the Sides of the Head

I used to test under my feet on a very regular basis, sometimes daily. It helped to keep me moving in the direction I chose to go. It has also helped in my research to get me out of trouble faster! I have found the **symptoms that develop as a result of being weak under my feet to be very draining physically.**

When I am testing weak under the feet, I have found it fastest to make statements to determine the cause(s). Make each statement separately and then test. Keep in mind that these relate to moving forward — not backwards —evolutionarily. So a reaction to basic things like foods and household products generally would not be related.

I start by stating: “This weakness relates to something I am _____.”

That blank could be:

thinking

doing

saying

reading

taking

an outside interference

an emotion

EMF, geopathic or atmospathic stress

If it relates to an outside interference, read the Interference section for suggestions. If it relates to an emotion, refer to the Emotions section for further testing information. Resolution of any covert emotions will strengthen under the feet (if it is the only issue causing weakness under the feet). If you have been using an Energem for at least one to two years and the source of the weakness tests as an emotion, test to see if it is a Geopathic Emotional Earth-Link (GEEL) Miasm (see Part III).

When the proper category has been found, then look at what you are currently doing and again make statements relating to specifics to fine-tune the testing. Once that is found, make the appropriate changes that allow the energy pathway under the feet to remain strong.

You will find that if you start talking about the cause, you will instantly strengthen. As I learned from Rose, given time and attention, you can learn to feel a strengthening in your body when something is true or pertinent, similar to how some of my twitching or jerking would tell me to pay attention to what I was then saying or hearing. Conversely, you can also learn to feel your body weaken when you hear or say something that is not your truth.

Remember that if you use an LFA to temporarily strengthen the feet, it is like using a Band-aid. It is only temporary. Strengthening under the feet using a Band-aid LFA will also make any testing more difficult to interpret. But any LFA can be negated almost instantly, to aid in the testing, when ready. To negate one, just talk to your body and ask it to negate the LFA that you want to negate.

Start with either one of the two pertinent LFAs to see which works best for you. Again they are the “Grounding” and the “Moving Forward” LFAs.

Testing the energy pathway under the feet is an important final test for anything that is used or done on a regular basis or for an extended period of time — from affirmations and LFAs to therapies and taking products.

Rather than to look at this weakness under the feet as a totally negative influence, I have looked at it as a positive one which directed (sometimes pushed) me to find the source of the problem. It offered me a gauge or guide to help keep me on my chosen path of evolution.

More recently I have remained strong under my feet under all circumstances. But my testing indicates that others are not yet ready for this evolution.

Core and Scavenger Toxins

This distinction between core and scavenger toxins is something that I have observed over many years of testing as well as through my own cleansing. I believe this distinction is critical to understand, especially for practitioners. As listed earlier, the primary core and scavenger toxins are:

CORE (DEAD) TOXINS:

- Radiation
- Insecticides
- Geopathic and electromagnetic stress
- Air pollution
- Toxic metals
- Food additives and preservatives
- Solvents
- Chemicals
- Pollution
- Dental materials
- Painful emotions
- Root canal toxins

SCAVENGER (LIVE) TOXINS:

- Bacteria
- Virus
- Fungus/yeast

Parasites/nematodes

Rickettsia (between the size of a virus and bacteria)

Root canal toxins

Root canal toxins are the only ones that I have found that act as both a core and a scavenger toxin.

The core toxins are “dead” toxins and the scavengers are “live” toxins — parasitic-type organisms. I believe that most scavengers are present in our body to primarily serve a useful purpose, despite the difficulties they produce. I believe there is a **symbiotic relationship** in that a scavenger toxin feeds off of a core toxin or the waste of the core toxin, or both. There are reasons for this relationship that we may not understand yet. Scavengers by definition are organisms that feed off waste products, hence the name I gave these toxins.

I have found through my testing that once the **source** or **reason** for the core toxin was eliminated, then the core toxin was more easily released from the body. **The release of the core toxin automatically initiates the release of its scavenger.** I don’t believe a scavenger can be totally eliminated until its core toxin is eliminated. I suspect it may not even be a good idea to try to do this. Once the core toxin is eliminated, there is no longer a need for its scavenger. I suspect this is a primary reason for the failure of many therapies — especially regarding the elimination of candida yeast infections so prevalent today. I discussed this with a practitioner who also uses the Energems. He told me that he observed, through his Total Body Modification-type AK testing, a correlation between mercury toxicity (the core toxin) and yeast infections (its scavenger toxin). He believes the yeast infection is acting as a protective buffer for the mercury. This type of testing — Total Body Modification — is based on the idea that when an organ is stressed, related neurons in the brain are depolarized, like blowing a fuse. The TBM practitioner uses AK (muscle response testing, not formal AK) to locate the problem, and then stimulates the spine in

the related areas in order to repolarize the neurons, and thus return the central nervous system to optimum functioning. This stimulation restores communication to and from the central nervous system and the organs involved. The effect is communication to the body to self-correct in a “language” it understands.

After writing this I read similar information written by my friend (and pre-editor) Suzin Stockton:

“Failure to detoxify the body of mercury can result in perpetuation of systemic infection. Here’s why: Mercury kills cells by suffocating them. The body therefore cultivates bacteria and fungi so that the metal will instead cling to their cell walls — i.e., the body chooses infection over mercury-induced cell death. To attempt to rid the body of bacteria or fungi without detoxifying it of mercury will therefore be unsuccessful in the long run. I believe this may be why so many people have trouble getting rid of candida infections, even when faithfully following an anti-candida treatment. The conditions of mercury toxicity and cavitations must first be addressed.”²⁵

However, at this date I personally have not correlated any core toxin to any specific scavenger.

Not all scavenger toxins necessarily have a core toxin, but I believe all core toxins have their scavenger. I am suspicious that addictions may even have scavengers.

As detailed in the last part of this book, I have also found these scavengers in our electrical system, as well as atmospheric and geopathic stress, where radiation is the primary core toxin. It is not necessarily the material toxins themselves which are present, but rather the energy, frequency or essence of those toxins.

Emotions also have their own scavenger. If there is an overt and a covert emotion, each will have its own scavenger. **This is another major way in which painful emotions can cause physical**

symptoms. Old emotions that we hang onto can be a breeding ground for these scavengers for decades!

I am currently researching how to better test for which scavenger is related to which core toxin and any patterns that may result. I don't believe this information is critical for any treatment, so will not list current research methods or results here. The Intox vials, which test for all types of toxins, will tell what to treat and when.

If you are really curious, you can test to find the core and scavenger toxins present in your body and then make statements and test their accuracy, such as:

 (A scavenger, such as a virus) is the scavenger toxin related to my insecticide toxin.

or

Virus is the scavenger to my (core toxin, such as insecticides) .

OVERLOAD OF SCAVENGER TOXINS

There are many times when there is an overload of scavenger toxins — they are not leaving the body fast enough and can cause major symptoms. I originally felt this after I began to eat meat, having been primarily a vegetarian for 25+ years. I started to get headaches on the sides of my head and eventually correlated that to eating protein. I have also experienced the same symptoms from consuming a standard dose of a whey protein supplement (about 20 grams). I suspect the protein was releasing more toxins and for some reason the scavengers were stuck in the head area and were not being released fast enough out either the crown chakra or the left foot.

I started testing by TLing over the painful area on my head. Only scavenger toxins were found stuck there. Eventually I found that they were being released down the arms and out the hand. This primarily seems to occur when there is an unresolved emotion showing. This unresolved emotion can dramatically reduce one's life force, which in turn slows down all the body's processes.

This build-up and block of scavengers can also occur for short periods of time when one or more major core toxins have been resolved and are being eliminated — such as the initial use of an Energem in the home. As stated, this release of core toxins initiates the release of their scavenger.

Further testing showed that if under the feet was weak — meaning scavenger and core toxins that are not ours were entering — it was only our own scavengers that were blocked at the head. The other toxins, both core and scavenger, generally are stored in the body until under the feet is strengthened.

When our scavengers are blocked, the brow chakra can test blocked also. I suspect this is a protective mechanism.

HOW TO TEST UNDER THE HANDS AND THE SIDE OF THE HEAD

This is done in a similar way as testing under the feet. See Figure 17 on page 202.

To test for the release of scavengers under the hands, place a finger (TL) on the area under the hands where the boxed “TL” is located in the drawing. To test for scavengers at the head area (generally meaning overloaded or blocked), place the palm of your hand alternately on each side of your head and test as shown in the drawing. If a strong muscle is weakened, then you may test further to determine the causative scavenger(s). This may be done by holding a toxin-neutralizing remedy known to eliminate specific scavenger toxins. Also test to see if there is an unresolved emotional issue.

I don't test under the hands as frequently as under the feet. The hands are not a source of toxins like under the feet — only blocked scavengers. So I usually don't test under my hands unless I feel sensations on the side of my head.

Essences or remedies are beneficial to assist the release of scavenger toxins, especially when blocked at the head area. I have developed a Scavenger Release Enerdisc to assist this process (described in Part III). When my scavengers are blocked, for whatever reason, I sometimes take a few drops of the Scavenger Release Essence every 30 minutes until I feel relief. I also temporarily reduce my protein intake.

There are many companies that make combination toxic-specific homeopathic remedies — generally one combination remedy for each type of scavenger toxin. (See Resource Guide). Testing can also be done with individual remedies to find one either for all scavengers or the primary (Intox I or II) ones. Use of the Intox, Effective and Well Tolerated vials will assist this process.

As previously mentioned, sun energy (also made into an Enerdisc) and fresh fruit have tested to be beneficial in some people to assist the release of scavengers. The sun's energy can be much better absorbed on bare skin and without glasses, unless they are full-spectrum lenses.

More recently I have found that all of my scavenger toxins are now going out the crown chakra transmuted. This transition from going out both the hands and the crown chakra was an automatic, natural progression. Since it has happened with me, I'm sure it will naturally happen with others when they are ready.

Jaw Points and Teeth

As I wrote in the beginning of this book, I felt some of my symptoms in my face and jaw area. Many people have problems in the jaw area from cavitations, root canals and/or focal disturbances, but are not as

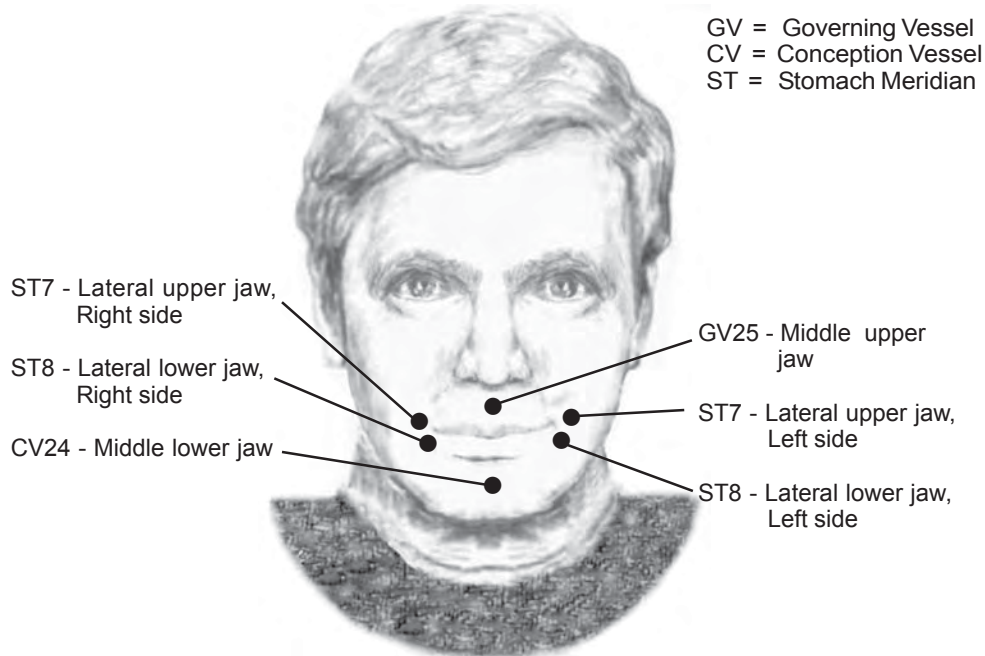
sensitive to or aware of them because they usually don't cause localized symptoms.

There is a direct connection between the teeth and jaw areas and remote areas of the body — including organs, glands, sinus areas, spinal areas, joints, senses, muscles and other parts of the body. Problems in the jaw area, including toxicity, can cause problems in other remote areas of the body. Conversely, problems in those related organs and glands can also reflect problems into the mouth area.

Even worse than people not being aware of these connections, most dentists are not yet aware of their ramifications. Cavitations are very difficult to see on an X-ray. An ultrasonographic computerized device called a Cavitat has been developed specifically for the purpose of providing 3D color-coded images of the jawbones to assist in the detection and severity of cavitation sites.

On the next page is a chart showing six acupuncture points that Dr. Voll mapped out for testing the jaw sections. These points can be Tled to quickly determine any jaw weaknesses. These points can also be tapped to find any organ/gland connections. (Refer to the “Using Acupuncture Points to Determine Causal Chain,” in the Causal Chain section.) If any weakness shows, then further testing can be continued on the full dental chart. Any jaw or tooth weakness may only mean the area is toxic or even in the process of eliminating toxins. As throughout this book, here we are testing for toxicity only and are not diagnosing any actual diseases.

Figure 18. Voll's Acupuncture Jaw Measurement Points



On pages 214 and 215 is a chart of the teeth showing their relationship to:

1. Acupuncture meridians
2. Organs
3. Glands

This chart uses the American Nomenclature shown in Figure 19 and is part of a much larger chart by Dr. Thomas Rau, M.D. As he states: "These empirical correlations are not absolute! Moreover, any dental focus can potentially spread anywhere." See the Resource Guide for Dr. Rau's contact information.

The individual teeth can be tested by TLing them with either your finger or your tongue. Also each entire jaw area can be TLed with the palm of the hand. If a strong indicator muscle is weakened, then the toxin-neutralizing vials may be held while continuing to TL to determine the toxin(s) present. Also test for emotions. Remember to test with both the front and back of the fingertips, tongue, or palm. Testing with the back will usually indicate stored toxins that are not yet ready to be eliminated, but can also indicate toxins that are being eliminated out the crown chakra transmuted.

A BRIEF RE-LOOK AT MY DENTAL HISTORY AND CONCLUSIONS

During my first visit to a dentist, as a child, I refused to open my mouth. I wish I had stuck to that instinct!

I had the normal cavities that were filled with amalgam/mercury fillings. In my twenties I began to experience pain in my face. Soon after that pain began, I found an MD who gave me subcutaneous injections of very small quantities of a substance called Staphage Lysate — designed to treat staph infections. The injections were initially given in each forearm and later on each side of the back of my neck — closer to the site. These would sting, but the results were wonderful, beginning with the first one. My pain not only decreased substantially but my energy and sense of well-being increased as well.

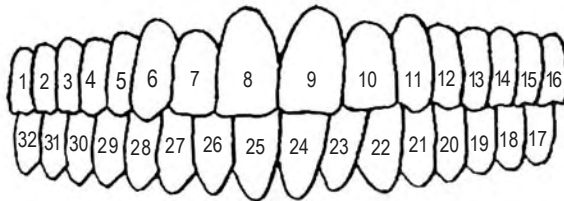


Figure 19. Tooth Chart Using American Nomenclature

Figure 20. Dr. Rau's Compiled

Right Side	Significant Other	Tendency to cerebral spasmophilia	central nervous system, mind, motor & vitality disorders, brain/spinal tumors	mammary	Mammary, kidneys & kidney stones, hypothalamus	migraines	cell respiration, schizophrenic aspects	thrombosis & infarction, angina, painful emotions, depression, lack of concentration	lymph, sexual organs, defense mechanisms	vitality, painful emotions, depression, mental dynamics, impotence, sterility
	Sense Organs		inner ear, maxillary sinus	maxillary sinus	maxillary sinus	maxillary sinus, ethmoid cells	maxillary sinus, ethmoid cells, eye	eye	frontal sinus	frontal sinus
	Glands		anterior pituitary	parathyroid, adrenal, pineal	pituitary, thyroid	thyroid, thymus	posterior pituitary, thyroid	posterior pituitary	pineal	pineal, epididymis
	Organs		heart, duodenum	pancreas, stomach, bladder	liver, kidneys, pancreas, stomach	right lung, liver, large & small intestines, gall bladder, duodenum	right lung, liver, pancreas, large & small intestines (right), stomach	liver (right), heart, gall bladder	right kidney, bladder, urogenital	right kidney, bladder, urogenital
	Meridians		small intestine	stomach	stomach	large intestines	large intestine	gall bladder, liver	bladder	bladder, kidney
	Upper	Retro-molar space	1 Wisdom	2 2 nd	3 1 st	4 2 nd	5 1 st	6 Canine	7 2 nd	8 1 st
	Lower		Tooth 32	Molar 31	Molar 30	Premolar 29	Premolar 28	Canine 27	Incisor 26	Incisor 25
	Meridians		small intestine	large intestine	large intestine	stomach	stomach	gall bladder, liver	bladder	bladder, kidney
	Organs		Ileum (rt), heart, ileocecal region	large intestine (rt), ileocecal region, lung (rt)	large intestine (rt), ileocecal region, lung (rt)	stomach (rt), pylorus, pancreas	stomach (rt), liver, pylorus, pancreas	gall bladder, liver, lungs, pancreas	bladder, kidney (rt), urogenital	bladder, kidney (rt), urogenital
	Glands			Pineal, appendages	pituitary	thyroid	gonads	gonads	adrenals	adrenals, epididymis
	Sense Organs		eye, ear	ethmoid cells	ethmoid cells	maxillary sinus	maxillary sinus	eye	frontal sinus	frontal sinus
	Significant Other	Meniere's, migraine, sciatica	energy, metabolism, peripheral nerves, migraine, sensory & motor disorders, vitality, blood pressure, brain & spinal cord tumors	arteries	hypothalamus, veins, rheumatism	mammary, lymph	mammary, cell respiration	thrombosis & infarction	lymph, defensive mechanisms	hormone metabolism, mental behavior

Numbers represent American nomenclature.

and Expanded Dental Chart

Left Side	vitality, painful emotions, depression, mental dynamics, impotence, sterility	lymph, sexual organs, defensive mechanisms	thrombosis & infarction, lack of concentration, painful emotions, depression	cell respiration, schizophrenic aspects	migraines	mammary, kidney & kidney stones, hypothalamus, limbic region	mammary, limbic region	central nervous system, mind, motor & vitality disorders, brain/spinal tumors	Tendency to cerebral spasmodophilia	Significant Other
	frontal sinus	frontal sinus	eye	maxillary sinus, ethmoid cells, eye	maxillary sinus, ethmoid cells	maxillary sinus	maxillary sinus	maxillary sinus, inner ear		Sense Organs
	pineal, epididymis	pineal	posterior pituitary	posterior pituitary, thyroid	thyroid, thymus	pituitary, thyroid	parathyroid, adrenal, pineal	anterior pituitary		Glands
	left kidney, bladder, urogenital	left kidney, bladder, urogenital	liver (left), heart, bile ducts (left)	left lung, liver, pancreas, large intestines (left), stomach	left lung, liver, large and small intestine (left), gall bladder, duo-denum	liver, kidney, spleen, stomach	spleen, stomach, bladder	heart, jejunum, ileum (left)		Organs
	bladder, kidney	bladder	gall bladder, liver	large intestine	large intestine	stomach	stomach	small intestine		Meridians
	9 1st	10 2 nd	11 Canine	12 1st	13 2 nd	14 1 st	15 2 nd	16 Wisdom	Retro-molar space	Upper
	Incisor 24	Incisor 23	Canine 22	Premolar 21	Premolar 20	Molar 19	Molar 18	Tooth 17		Lower
	bladder	bladder	gall bladder, liver	stomach	stomach	large intestine	large intestine	small intestine		Meridians
	bladder, kidney (left), urogenital	bladder, kidney (left), urogenital	bile duct (left), liver, lungs, pancreas	stomach, spleen, liver, pancreas	stomach, spleen	large intestine (left), lung (left)	large intestine (left), lung (left)	jejunum, liver, ileum (left), heart		Organs
	adrenals, epididymis	adrenals	gonads	gonads	thyroid	pituitary	pineal, appendages			Glands
	frontal sinus	frontal sinus	eye	maxillary sinus	maxillary sinus	ethmoid cells	ethmoid cells	eye, ear		Sense Organs
	hormone metabolism, mental behavior	lymph, defensive mechanisms	thrombosis & infarction	mammary, cell respiration	mammary, lymph	hypothalamus, veins, rheumatism	arteries	energy, metabolism, peripheral nerves, migraine, sensory & motor disorders, vitality, blood pressure	Meniere's, migraine, sciatica	Significant Other

Extracted (by permission) from chart compiled and expanded by Thomas Rau, M.D., Paracelsus Clinic, Lustmuhler, Switzerland. Based on work by Kramer, Dr. Voll, Dr. Adler, Dr. Gleditsch, Hollmann et al.

We continued these injections weekly for a couple of years, until the doctor's untimely death. Looking back, the most painful area on my face was on my lower left jaw where I had a mercury filling. My first root canal (and last one that wasn't soon extracted) was soon to come — in a tooth just above the painful site. At this point I had had two or three wisdom teeth extracted.

After moving into my new (toxic) home, my pain started increasing. At this time, I was also having my mercury fillings replaced with nonmetal materials. By that time I had a crown placed on that tooth and eventually decided to have it extracted. The extraction (without removal of the periodontal ligament) very much helped some long-term low back pain, but it didn't help my facial pain or energy. Soon after the extraction I had a gold bridge inserted.

It was years later that I learned about cavitations and went to the dentist who had originally pulled the tooth to have cavitation surgery on that section of the jaw, so that he could clean out the dead and infected bone. I was with the dentist all of maybe ten minutes, which made me suspicious about his thoroughness. The pain didn't change. Soon after the surgery I had the root canal tooth extracted as well as the periodontal ligament removed. It was only months later that “all hell broke loose” with me physically.

A few months after the cavitation surgery and extraction I went to Dr. B. I still had the dental problems, along with many other problems now. He X-rayed all of the jaw areas and even I could see the cavitation in that area, along with a few other areas.

Using my X-rays and Neural Kinesiology, Dr. B. tested my teeth and jaw areas and determined the beneficial substances for each area. He then gave me injections of natural-type remedies (Sanum) directly into the cavitation sites — the bone itself. Neural Kinesiology (NK) was developed by Dietrich Klinghardt, M.D., Ph.D. and Louisa Williams, M.S., N.D., D.C. as a combination of kinesiology and neural therapy. It was their belief that kinesiology testing was an excellent early detection method and neural therapy, which focuses on the health of

the autonomic nervous system, was the most effective treatment method.

While most of Dr. B's patients only needed a few injections, I seemed to need a few a week. (That was a sure sign that the **source** of some of my problem had not been removed.) He was concerned that I was not responding well enough, so based on X-rays, symptoms, and testing he then performed surgery in the area of the previously extracted root canal tooth. That procedure was much more involved than the first surgery done by the former dentist. Both dentists found a very soft area that the drill just sort of fell into — the dead bone.

Still my symptoms were not improving like we would have expected. The treatments kept me from getting sicker and kept me somewhat functioning (and sane) for about eight to nine months. Because of the long drive, they also got me out of my toxic home. Soon after, I moved out of my house and to Colorado.

That's when I improved dramatically. My moving out of my toxic house moved me away from the **source** of some of my problems. That's when my improvements were rapid — and without any dental treatment. I was using my Energems and taking essences and remedies, including remedies made from diseased root canal and other jaw tissues. After this move, I went from barely being able to walk very short distances and needing a wheelchair at the airports to being out skiing in just over two months.

Based on my experiences and my testing, my conclusions about the dental treatments beneficial for me may be different from others' experiences. My initial cavitation site started before any extractions in that immediate area and my improvement skyrocketed when I left the prevailing **source** of the toxins. I believe that my many cavitations, resulting in almost as many extractions, were the result of my high level of toxicity, related primarily to my toxic home and my subconscious emotions. The geopathic stress in my home would not allow me to detoxify properly.

My body has stored in the bone marrow — this includes my ribs and jaw bones — most every toxin I have ever encountered. Both areas have been very sensitive and painful for over 25 years. Through testing I have been able to track the elimination of these toxins from these areas. The bones and bone marrow area are one of the last areas for my body to release their toxins. I suspect that the addition of toxins in bone areas displaces calcium and probably other minerals, which should be replaced as the toxins are pulled out of these areas and eliminated. As stated earlier, the bone marrow stores both core and scavenger toxins — including emotions.

Chewing can also cause the release of toxins in the jaw area. I have experienced this when emotions surfaced each time I ate, only to be buried again until I recognized what was happening. Several times over the years I had wondered if the bone marrow in the ribs, and especially in the jaw area, was acting as a messenger — first holding, then bringing up issues until I acknowledged my truth — as if trying to tell me what to pay attention to.

As discussed, I have also found root canal toxins to be a scavenger for emotions. Possibly the root canal toxin was already present in the mouth area as a core toxin, and then began to feed off of the emotions that were also present. I suspect that not voicing feelings (if we are even aware of them!) causes a blockage in the throat chakra that can also contribute to retaining the toxins.

There are many times when I have heard a “truth,” which my body confirmed within seconds to hours. My body instinctively recognized the “truth” and immediately began to release the stored emotion and its scavenger that was related to that truth. I immediately felt pain in my jaw bones and sometimes ribs ranging from a slight sensitivity to extreme aching. This pain generally only lasted the day — its removal aided by drainage remedies. I also increased my calcium intake for short periods of time.

An excellent source of information about cavitations and other dental information can be found in *Beyond Amalgam: The Hidden Health*

*Hazard Posed by Jawbone Cavitations*²⁶ by Suzin Stockton, and about root canals can be found in *Root Canal Cover Up*²⁷ by George Meinig. Because so many cavitation and root canal problems exist without one's knowledge, I recommend reading both of these books and finding a competent dentist to assess your dental concerns.

MAN-MADE MATERIALS

Whenever I was to have potentially toxic materials placed in my mouth I carried an Energem with me, so that the materials could be cleansed first. I have found it beneficial to make a special “Dental Energem” to neutralize very toxic substances. Some practitioners have placed a standard Energem along the jaw area of clients to assist this and their cleansing process.

There were times when I felt that my teeth with man-made fillings were not releasing toxins that appeared to **flow from the jaw area into the teeth themselves — not the reverse — possibly as an exit route**. Maybe our real teeth know how to do this, but my man-made ones didn't appear to, so I talked to them and just asked them to please continually release the toxins in my teeth instead of retaining them. This was something I only had to do once. It may seem very simple, but it worked!

WHAT I DO NOW

There are several things that I currently do to help heal my teeth and cavitation sites. I do believe that I have removed the toxins in my surroundings and most that had been stored in my body for years. Healing cavitation sites is a very long process. As mentioned I take calcium and whatever other minerals that test, on an as-needed basis.

Every day I use my “Primary Cleansing LFA,” which works on the entire body, and is detailed on pages 256-7. This can easily be modified to include specific target areas, such as jaw areas.

I also talk to either specific jaw areas or to my entire mouth area and visualize this happening, such as:

“I ask that the healing light of God come into my jaw areas to help cleanse and heal them and increase the circulation to those areas.”

To obtain diagnoses for any dental problem, find a competent dentist to discuss this with. And always continue to look for and eliminate the source of the problem.

RECAP

As previously stated, I was greatly helped by the injections of remedies in my cavitation sites. Once I moved out of my toxic home (which removed some of the sources of my problems and blocks to healing), I no longer needed the injections and was able to continue to cleanse without them. Since moving out of my home over seven years ago, I have had only one more tooth extracted. I have had one Cavitat exam, which I am using as a baseline to gauge the healing progress in my jaw areas. I was very lucky to have found a dentist who not only was capable of helping me, but who very much wanted to help and have his entire staff work with me as a team.

Planes of Consciousness

Originally I read about the lower planes of consciousness from an assortment of spiritual books. I learned about the existence of higher planes of consciousness from my former religion and have also read about them mentioned primarily in relationship to Eastern religions. I have found different groups/religions that follow a similar plan for the lower planes (see chart). Some groups/religions discuss slightly different layouts — some only changing the position of the Causal

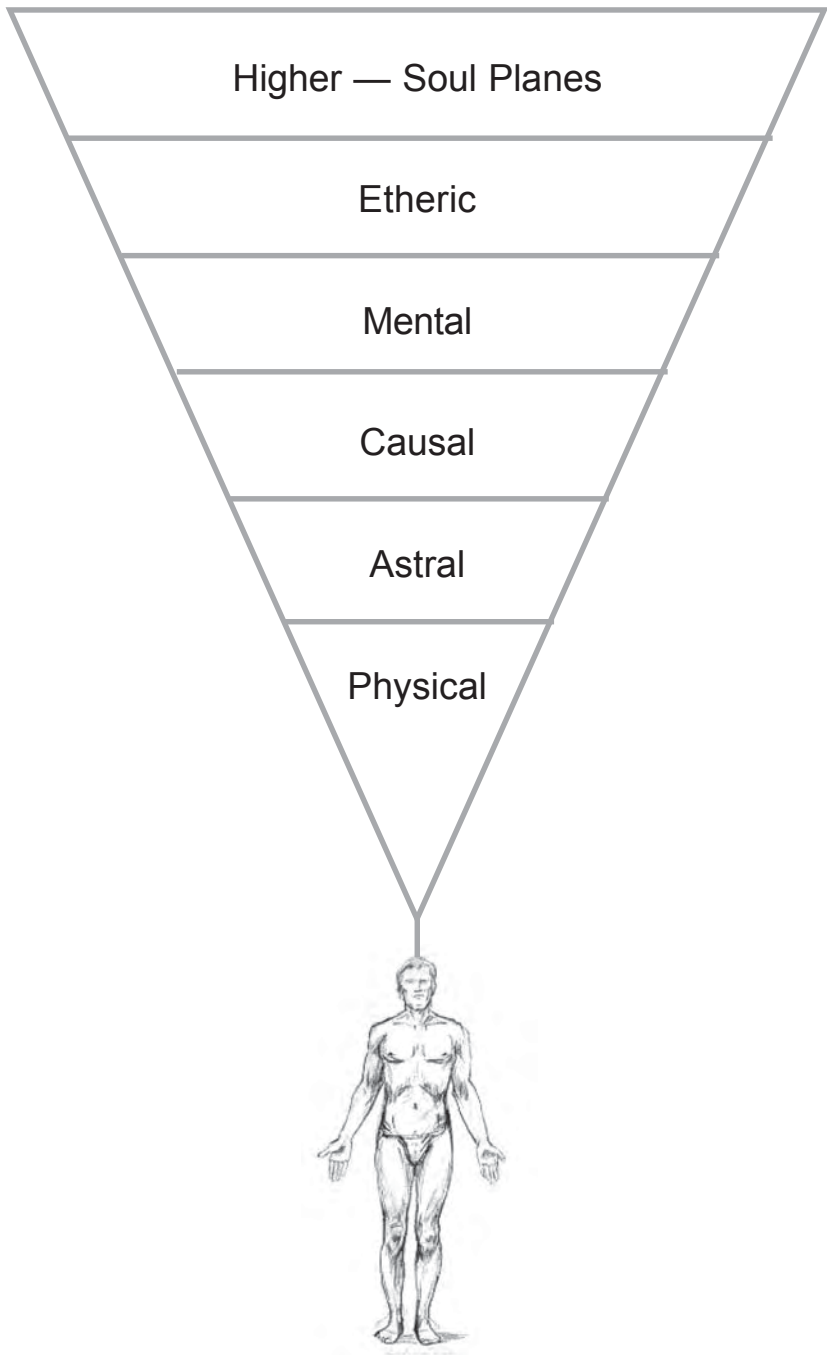


Figure 21. Testing Planes of Consciousness

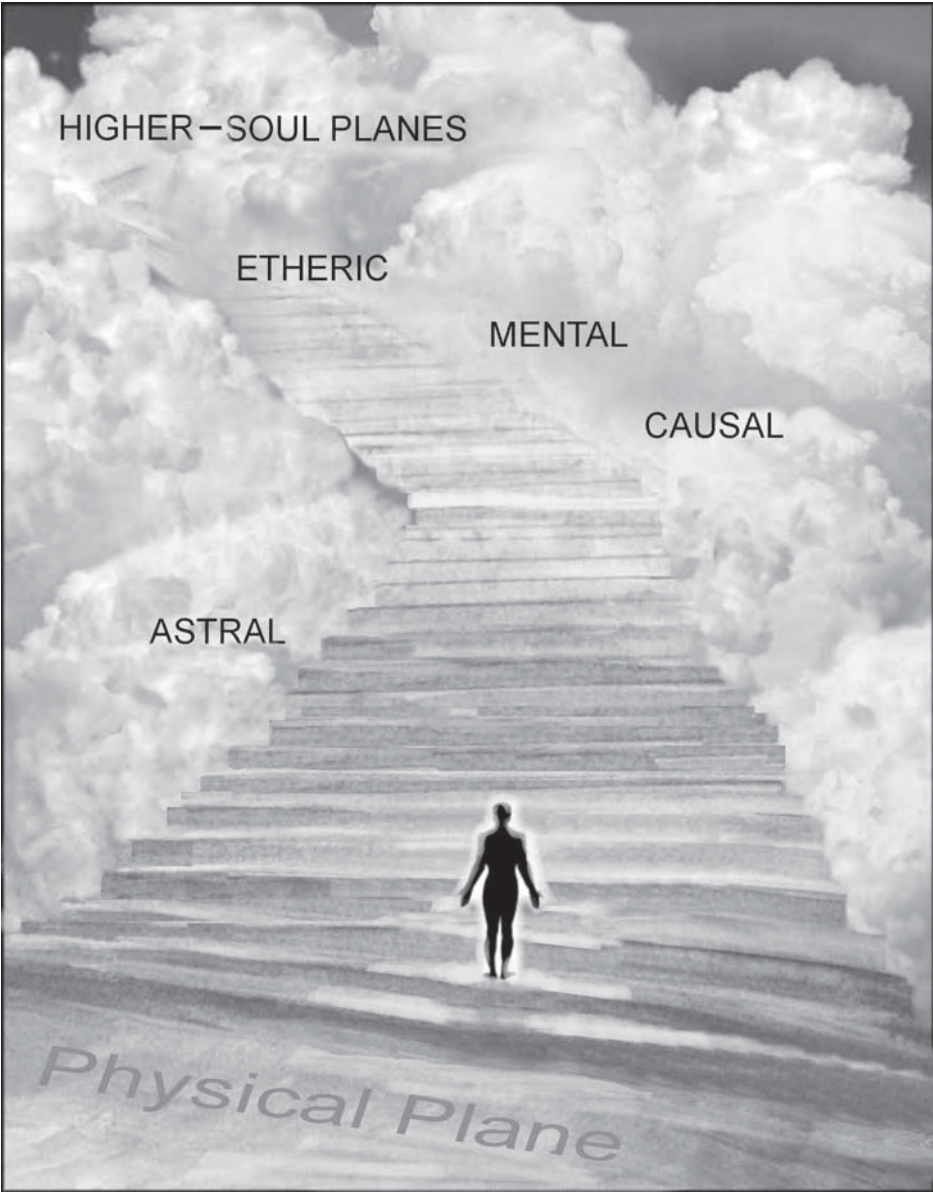


Figure 22. Ascending Planes of Consciousness

and Mental planes, and some combining two planes, while others appear to be quite different.

Each ascending plane — beginning with our physical plane of material, energy, space and time — is higher in vibration and consciousness, and reportedly also in their beauty and light.

Below is the layout I now use for testing purposes — primarily when I am stuck and need some help. The testing would be the same, regardless of which layout is followed.

PRIMARY CHARACTERISTICS OF THE LOWER PLANES

The below characteristics are a compilation from many different groups as well as my own experiences.

Astral Plane	Emotions, feelings, desire consciousness, psychic phenomena, UFOs, illusion, interference
Causal Plane	Memories, past life, Akashic records
Mental or Intellectual Plane	Thoughts, philosophies, teachings, cosmic consciousness, programming, mind control
Etheric Plane	Subconscious, intuition

TESTING OF EACH PLANE

Each plane can be tested individually, but most of my testing is done via cross-testing — to see any correlations.

As I am doing this testing, I recognize and acknowledge that I am testing spiritual areas (as is everything!) relating to my own life (only).

The Astral Plane — I may cross-test emotions to the astral plane. Also if I suspect interference, I would test this plane in the clear and relating to any interference.

The Causal Plane — If an emotion doesn't cross-test to the astral plane, I would test it here. The emotion could relate to current or past life memories.

The Mental Plane — I would test this plane primarily if I was weak under the feet and needed to determine the reason. My “old” ways of thinking could cross-test here, as well as any programming or mind control. Quite often if my throat center is my primary weakness, it may cross-test to the mental plane and I may need to say/speak “my truth” to resolve the weakness.

The Etheric Plane — I test this plane when either my brow chakra and/or pineal gland is weak. If either the brow chakra or pineal cross-test to the etheric plane, usually there is something I need to “see” — or bring up from my subconscious to my consciousness. The pineal gland is related to seeing and light — bringing “light” to the subject. Usually if the brow chakra is weak, I feel pain in and around the eyes and forehead. Many emotions may test here. If so, then ask your body to bring them up to your consciousness. Soon the emotions will test on a lower plane of consciousness.

Rose has told me that when all the planes (as well as chakras) are weak, they are communicating and a realignment may be occurring.

Interferences

There are many different types and sources of interference that can affect us. These could also include manipulation, programming and mind control. Some are intentional — initiated and directed by others — and some are unintentional. All can result in very negative reactions to our body. I will briefly list how to test for these interferences, some that I have experienced and observed and how I resolved them. Please understand this is not an exhaustive list.

All interferences that I have encountered myself and have tested caused a weakness under the feet. This access is also via the nervous system — up the right leg, up the spine and into the reptilian brain.

HOW TO TEST FOR INTERFERENCE

The reptilian brain (make a “Reptilian Brain 4X” vial) is weak if interference is involved and can be checked in both the front and back. Since interference is covert, the reptilian brain would generally test weak in the back and could be weak both front and back for different reasons. Once interference is detected, it is no longer covert, so it may move to show in the front.

An alternative testing method is to use the Neural Kinesiology method of testing the brain stem (also known as the reptilian brain), which I learned by observing Dr. B. This is done by placing the lower end of the palm flat against the back of the head at the base of the skull with the fingers together and pointed up.

The testing can be done using either the reptilian brain vial or by Tuling the brain stem or under the feet. If a strong indicator muscle is weakened, then make a statement, such as:

“This weakness is at least partially the result of a type of interference.”

If the statement strengthens the previously weak muscle, then proceed to find the source and then the solution. The source can be determined by making additional statements, first to the type of interference involved, and then testing the responses. Is it interference, manipulation, programming or mind control? Once that is determined, look at your life to see what you are doing or involved in that may be related. Then make statements to determine the accuracy. When the vials or Tuling tests strong to your statement, that is an indication that you are progressing in the right direction, so continue in that direction. When they stay strong, you know you have resolved the interference, at least for the moment. If it returns look deeper into what you may be doing to attract it or allow it into your life.



Figure 23. Testing Brain Stem

POTENTIAL SOURCES OF INTERFERENCE

Here I will mention a few potential sources/causes of interference that I have encountered that could be involved and suggestions that may help, even with other sources.

As I learned from Rose, we need to look at ourselves and what we may be doing, connecting into, or opening up to that may be allowing this interference to enter us. We need to recognize if the source/cause (of anything) is within us or outside of us. In order to do that **we need to know ourselves and where we stand on all issues at all times**. When we know ourselves, then we will know when something outside of ourselves is affecting us negatively. We will know if something we are doing is not the way we generally act or respond. Rose says to ask ourselves: “Why am I behaving this way?” If that’s not the way we really are, that could be an indication of an interference.

Once the source has been determined, look to see what attracted you to that source. Rose suggests we go back to when it started to

see what we were doing that allowed in the interference or pulled us into it.

A very basic one, which can affect us, but may not even cause weakness under the feet, is hearing something that our body knows is not true. My body may give me a twitch, a jerk or a nudge to tell me to pay attention. Then I go deeper to “see” what it is. These we can usually resolve easily once detected. This can happen from something as simple as an advertisement on TV or in a magazine, or someone trying to sell us something we really don’t want.

Look at your emotions. Are there unresolved issues, including covert emotions, that may be opening you up? If so, work on those emotions. If there is no “opening” or access for the interference, it can’t affect us.

As Rose has stated: “Where your thoughts go, is where your energy will reside.” For the interference to be able to affect you there has to be a resonance between it and you. For some reason a part of you is on that same frequency line as the interference. Examine your recent thoughts and actions, keeping that in mind.

Our emotions can connect us to the Astral Plane (the plane of emotions) where we can attract other emotions. Generally, interference also tests to the Astral Plane.

One type of interference I have experienced Rose referred to as an overlay. All of a sudden I was not feeling well (a clue). One of my main symptoms was pain in the orbits around and in my eyes. This would come and go. When I discussed it with Rose, she referred to it as an overlay, like someone else’s energy overlaying mine. It was an intentional interference directed towards me that was the result of associating with someone who had interference around them.

A few times with another type of interference, I would get very antsy and feel the need to walk around the room — almost like trying to get away or shake off something. Then I felt like I was being watched. I’m sure there are a lot of times when Don and possibly

other deceased relatives, friends, or guides were around me. I usually don't feel that. This interference I felt — as an intrusion.

During these times I have talked to them — sometimes kindly — sometimes not so kindly. I have told them that they were not invited and not wanted. They did not have my permission to be there, so I demanded that they leave. I do this in a position of feeling my own power and not feeling any fear of them. I know where I stand regarding them and am strong in my convictions. Usually this has worked. When it hasn't worked, I move way up to the top of the chain of command and go to God and ask for help and guidance. I also look to see what I may be doing or involved with that is their opening. So far this has worked with this level of interference. I found that wearing my Personal Protector Energem has sometimes helped also, especially if I am interacting with someone who has interference around them.

I have tested instances when different shamans visited a house to evaluate and then improve its energies; but both times the house was left in a much worse condition. I believe these were spiritual people with the right intentions but with the wrong outcomes. I am not picking on shamans, but with these two individuals there had to be some type of opening in them that allowed in the interference. They might be “contacting” or going outside of themselves for guidance with beings who may be opening them up to more than they are aware. As Rose has told me on numerous occasions, “Go directly to God!”

If I suspect that I could be reacting to some type of programming or mind control, I talk to my subconscious. I ask that my subconscious bring it up to my consciousness so that I can “see” what it is and understand it better.

Quite often when it surfaces in my consciousness it will show in my testing on one of the emotional points as an issue to resolve. This gives me a “point” to test as a gauge to make statements and track my progress. I also test the planes of consciousness. Quite often any type of programming or mind control tests to the mental plane. I then

determine what it is about and make statements to learn more. It may also test to the pineal gland (“Pineal 4X” vial) or brow chakra. When either tests weak, it can be a clue that there is something that I need to “see.” This may also cross-test to the Etheric Plane (related to the subconscious). I have found that issues relating to programming or mind control were first stored in my body and, once acknowledged and resolved, were released out my crown chakra, just like any other toxic substance.

When I wake up with the back of my neck very sore after feeling fine when I went to bed, the first thing I look for is interference — since the back of the neck is the way in (to the reptilian brain). One of those mornings I woke up remembering a dream. It was not scrambled or in symbols like most, but was very clear as if I had just lived it — except — it was not my behavior or the type of thing that I would do. That instantly told me that the dream was caused by interference and that it was intentionally placed in me by a negative/interfering source. Rose has suggested that before I go to sleep I ask for God’s protection, which I do (when I remember!).

AN EXAMPLE OF PROGRAMMING AND MIND CONTROL

A few months after moving from Snowmass I left the religion in which I had been a member for almost 16 years. This was the first religion that I had ever joined and, of course, I thought it would be my last. So much of what I had read and lectures I heard fit with my belief systems. This religion also introduced me to the higher planes of consciousness — beyond the Astral and other lower planes into the pure regions of God. Much of this was new to me and stimulated my curiosity as well as satisfied my spiritual seeking. I very much liked, respected and admired the other members and felt very comfortable there — like it was home.

Then one day I received a phone call from a couple, friends who had been members for years longer than I had, and who held satsangs (meetings where we studied and discussed written lessons). The woman had even given me one of my spiritual initiations. What she was telling me I couldn't fathom. I was so deeply connected to this religion that I had one of its symbols carved into one of the main structural timbers in the great room of my new home. (It's still there!) She was telling me about a book that had recently been published that detailed many lies and fallacies about this religion. This book had been written by a man whose name was vaguely familiar to me because he had been a long-standing public figure who had lectured worldwide for and about this religion. I was stunned by the phone call, but couldn't believe that there was any truth to it or that my faith in this religion could be shaken.

This was on the weekend and thanks to Amazon.com I had the book by Tuesday morning. Before it arrived I had talked for hours to another member of our satsang group and had read much about the book on a website. She also talked to several other members. Neither one of us could imagine anything that would shake our strong connection with this group.

I immediately started to read the book, sometimes skipping ahead to learn more as fast as I could. I spent every available minute reading it. I was amazed, disappointed and appalled at the facts that were before me. How could this be? I had put so much of my faith into this religion. How could they lie to me? This couldn't be right. The more I read, the more concerned I was that the author was right. The book was so well-documented and I "knew" it was accurate and I was beginning to feel sick. I had felt that this religion was one of the few things that could never be taken from me.

This religion was now wrong for me — it wasn't taken from me — I decided to leave it. I finally realized the religion itself was not the important aspect. My faith in God was and that can't be taken from me.

I had decided to not make any decisions until I had finished the book, but my body wasn't going along with that decision. I was feeling very agitated and antsy. By two-thirds of the way through the book, I already knew what my answer was, but I hadn't wanted to acknowledge it. I finally did at that point. I had to register my answer and follow through on it. Within one to two hours after deciding to quit (later followed up by a formal written resignation), I was feeling extreme pain in my jaw and rib areas — both bone marrow. I immediately tested to see what had been stirred up and was being released.

Both areas tested to deceit. I was amazed. **My body knew the truth, even if I didn't.** It had been storing this deceit for a long time. My making the decision to quit told my body it not only didn't need to store this deceit any longer, but since the **source of it had been eliminated**, it was now safe and efficient for my body to release it. In many situations I have observed and tested this process of the body releasing stored toxins as soon as the source is eliminated. The strongest has been with the use of an Energem to neutralize geopathic stress in a home. **Generally the body recognizes the neutralization of the source within the first 24 hours and begins to detoxify those stored toxins.** This deceit was felt within one to two hours and probably began to detox immediately after having made my decision.

The appearance and immediate release of the deceit (emotional toxin) was also confirmation that not only had I made the right decision by resigning, but also that what I had learned from the book was accurate.

The following months were difficult in all aspects. My body continued to release “untruths” which I had believed and bought into as truths. Some of this dogma was almost like covert programming or

very subtle mind control. In hindsight I did see **hints of control and manipulation**, which I chose to ignore. But neither my mind nor my body totally ignored them, so these interference-based energies needed to be eliminated in the same manner as toxins, along with the deceit.

The signs were there for me to see, but I didn't look. I did learn a lot spiritually, but now needed to learn what to unlearn. There were times during this adjustment time that I wasn't sure if my joining this religion had been beneficial or not. Each time I revisit that, I look at how I have changed as a person, I believe for the better. So, as painful as quitting was, joining was worthwhile. Joining was right for me and quitting was also right for me. It just wasn't the "happy ever after" that I keep seeking. I still meet with the same group, although we don't call them satsangs any longer. All but one in the group has left our former religion, but the rest of us still meet to discuss and learn spiritually from each other.

This religion stated that if a member were to leave, that would be a betrayal, that our unfoldment in this lifetime would be at an end, that our old karma would return, and that hardships were in our future. While a member I didn't consciously pay much attention to them because I never intended to leave. But these thoughts were unconsciously imprinted into my system — as a fear. These fears surfaced after leaving the religion. On the surface I realized how the "threats" were not true. My thinking was that they were ridiculous and that I would not allow them to affect me. But subconsciously the fear was already embedded in me and needed to be acknowledged and allowed to surface to be released.

For many months different areas of this covert programming, mind control and manipulation surfaced from my subconscious up to my consciousness and took from six to nine months for it to be resolved. Afterwards other deep covert toxins were released. These were from non-related events, but I believe their release had been blocked by the more recent events.

CONCLUSION

Interference can quite often have as its scavenger rickettsia, an organism between the size of a bacteria and a virus. Whenever I find rickettsia, I look for either radiation or interference, or both.

If there is interference that cannot be readily resolved, try one or both of the two LFAs that can strengthen under the feet. That will help strengthen you until the issue is resolved. Those are the “Moving Forward” and “Grounding” LFAs.

The Cleansing and Healing Process

This section discusses the cleansing process, especially as it relates to the cleansing initiated by the use of the LFAs as well as the use of Energems.

The guidance and assistance of a professional, especially in the beginning process, is highly recommended. The Energetics International, Inc. website, www.energems.com, will be listing professionals who can assist in the process, including testing and consulting via phone appointments.

As previously mentioned, before beginning any additional cleansing, it is very important to first open the channels of elimination from the body so that when toxins are released from the cells they can be totally eliminated from the body without overstressing the body. If this is not accomplished, something referred to as the toxic ping pong effect can occur. This toxic effect can also happen when someone initiates a cleansing, then stops it for a period of time and alternates back and forth. When this happens toxins may be released from certain organs, but not eliminated from the body. If the body is not “prepared” to totally eliminate them, they may just be recycled — and redeposited in the same or a different organ.

Use of products such as essences, homeopathic remedies, or Enerdiscs aimed towards drainage of the lymphatics, kidneys, blood system, lungs and liver, as well as toward the resolution of any individual's specific organ weakness, should prevent this from occurring. The skin is also a major organ of elimination that should not be neglected.

Next in line would be the use of an Energem in the home to neutralize the toxins in the environment, including electromagnetic, geopathic, and other potential sources of stresses in the home. While living in the home without the benefits of an Energem, our body is constantly bombarded with many toxins. All homes with electricity show electromagnetic stress in addition to the new “electrically transmitted and atmospathic toxins” (discussed later). Some homes have toxic microwave energies being circulated via the electrical system from use of a microwave oven. Some have microwave frequencies from towers or security alarm systems. All of the homes I have tested have at least one form of geopathic stress, which I consider to be one of the most destructive unseen forces to the human body. Some homes may have either a lightning protection system or a metal roof (corrective solutions to follow), which pulls in the atmospathic toxins and acts like a cap to hold these energies inside. When living in a toxic environment, the body eliminates as much of the toxins as it can and then begins to store them. The less capable the body is of releasing them, the more that are stored. When the source of the toxins is eliminated, such as from the use of an Energem, then the body naturally begins to release the related stored toxins.

Within 24 hours of the use of an Energem in the home, the body “recognizes” that the source of the toxins has been eliminated (neutralized) and begins the release and elimination of those toxins from the body. This produces an additional short-term stress on the body, which is ameliorated by prior (and continuing) use of drainage therapy.

Depending upon the constitution and toxicity of each individual, the total elimination of these atmospathic-type toxins can take from a

few months to a few years. Generally the body responds very well, sometimes with heavy cleansing for a few days to a couple of weeks. Once this period is over and the body has adjusted to the Energem (“cleaner” home), then use of the LFAs can begin.

As Drs. Schimmel and Penzer have stated, “Employment of nosodes or regenerative measures like administration of organ extracts should only now be used. If used in the beginning — before the elimination of geopathic stress — troublesome reactions and little benefit can be expected.”²⁸

Part of my research has focused on what actually happens to the human body when it is exposed to any type source of toxins and then how it responds, immediately and long-term, after use of different types of healing methods. Monitoring of individuals who have used Energems has demonstrated the release of these related, stored toxins without further accumulation.

The release of any toxins can be tested and continually monitored quickly and easily by using AK. Most people who are using an Energem or LFAs will begin to release their toxins through the crown chakra (CC) on the top of their head. Some people will release down through their left leg and out the left foot, while some will change back and forth, at least for awhile. As stated in the section on testing under the feet, if the feet are testing weak, many toxins will be retained in the body. Correct that weakness before performing the below testing.

Testing the release of the toxins can easily be performed using AK by holding a hand, palm down, and a few inches above the top of one’s head. If it weakens a strong muscle then that generally indicates that toxins are being released through the crown chakra. Also test in the same position with the palm up. If this weakens a strong muscle that generally indicates that at least some toxins are being released out the crown chakra transmuted. This transmutation probably occurs in the sushumna, which I suspect is the elimination route initiated by use of the primary LFA.



Figure 24A. Testing for Toxins Out Crown Chakra — Palm Down



Figure 24B. Testing for Toxins Out Crown Chakra Transmuted—Palm Up

Once it is determined which area(s) is eliminating the toxins (the area(s) that tests weak “in the clear”), then it is possible to test to see which toxins are being eliminated. Hold a substance, such as a toxin-neutralizing remedy or essence at the predetermined weak area. If that substance strengthens the previously tested weakened muscle, then that substance (or a very similar substance) is being released. While testing the crown chakra, the substance will need to be held & tested with both the palm up and the palm down.

When toxins are being released out the crown chakra transmuted, then generally the source has been resolved or eliminated and no further work needs to be done other than to continue the Primary Cleansing LFA and/or drainage remedies to assist their release

AK can also be used in a similar manner to track which organs/areas of the body are still storing (and/or releasing) toxins, and which toxins are stored/released. Using AK, hold an organ 4X vial or therapy localize over an organ, such as the liver. This testing can be done whether the organ tests weak or strong. Then hold the toxin-neutralizing substance to be tested in your hand if using a vial or over the same organ area if TLing. If the testing is now strong, then that toxin is still present in that organ (and that remedy, if well tolerated, may be beneficial for the release of the toxin). In both types of testing, many vials or bottles of substances can be held and tested at one time. If a strength is produced, then further testing and the process of elimination will determine which toxin(s) it is. If the toxin is being released out the crown chakra transmuted, then it will not show in this normal fashion. If using a vial, hold the vial and the remedies in the back to test. If TLing, test in the front, using the back of the hand or fingertips.

If an individual is cleansing too fast, as indicated by feelings of tiredness or sluggishness, the process can and should be slowed down. This is another indication to take beneficial neutralizing and drainage remedies/essences for these toxins, in order to ease the cleansing process. It may also be beneficial to talk to the body to ask it to slow

down the cleansing process. It is also beneficial to increase the quantity of pure water that one is drinking, eat lightly and get adequate sleep.

The amount of time needed to completely eliminate a substantial amount of toxicity from the body depends upon the type of toxin, the length of time exposed, (especially to geopathic stress), the amount of toxicity stored, and the health and habits of the individual. This can take from months to years, but with feelings of well-being along the way.

As your well-being progresses, especially from the use of an Energem in your home and the primary LFA, your method of testing will need to change. Toxins that are automatically being transmuted out the crown chakra will no longer test in the front in the usual manner because the body is handling them differently — naturally. The testing for these toxins will now show either in the back or using the back of the fingertips or palm. This applies to the points, charts, and the vials. Toxins that are not being transmuted will show in their normal way.

As these toxins are being released, the body will begin to function at a higher level and will respond more beneficially to energetic healing modalities, which will allow other therapies to function optimally. I found that as long as Don and I were in our home with the geopathic stress and the lightning protection system, we were not able to heal — no matter what we did. After I moved, my body naturally began healing itself, even without some of the most advanced healing therapies that I was receiving while living in my home in Virginia.

Testing Blocked Areas

There are times when I am testing an area, be it organ, chakra, emotion, meridian, under the feet, etc., where I “know” it’s weak, but it won’t/doesn’t test weak. There are various ampoules, including the three Layer vials in the Vega system, that can be used. Instead of needing to find/acquire any additional ampoules, make a vial:

“Blocked=Weakness”

If an area you suspect is weak but does not test weak, hold this vial and retest the same vial or point. If you now get a weakness, continue on with the testing. If you do not get a weakness, maybe there isn't one there to find. I have also used this vial while testing my heart chakra, in order to see if there are painful emotions stuck there that I should be releasing.

Immune System Testing

An “Interferon 30X” vial can be used as an indication of an immune system imbalance. If this vial produces a weakness, then test vials of the toxin-neutralizing remedies to determine the cause. Cross-testing may also be done to any of the charts, points and other vials. Don't forget to test the emotions, geopathic and electromagnetic stresses. Make statements to test for other sources such as emotional factors, including loss of power through energy leaks to individuals or groups. If it is a toxin detectable on a blood test, then see your doctor. If this vial tests weak in the back, that generally means that the cause of the problem is in the process of being released.

Life Force Testing

There are two vials that I have made (written) to aid in my finding the primary area on which to work. The first is “Core=Weakening” and the second is “Life Force=Weakening.” These were made so that they will produce a weak muscle if there is a resonance. On occasion they will test differently.

If there is a weakness in either or both, then cross-test that weakness to any of the charts, points or vials. Once the correlation

has been found, then focus on the cause, in order to eliminate any drains on your life force.

TESTING FOR DRAINS ON YOUR LIFE FORCE

If the “Life Force=Weakening” vial tests strong, you may use that vial to test for potential drains on your life force. First hold the substance, thought, book, etc. to be tested and then introduce the “Life Force=Weakening” vial and retest to determine the response — the answer. This fine-tunes even more than using the “Well Tolerated” vial.

Testing Electromagnetic, Geopathic and Atmospathic Stresses

For ease of testing, I have narrowed down the most important testing vials to only five:

Purpose	Vial
Electromagnetic disturbance EMFs including intraoral galvanic currents	Phosphorus 60X
Radioactive energetic interference (from any source)	Radium Bromide 1000X
Geopathic stress	Silica 60X or Lithium Carbonicum 30X or Lithium Carbonicum 60X

There is not one single test vial for geopathic stress that has worked sufficiently for all practitioners, but the use of all three has provided accurate results. These three vials may be taped together and tested as one vial.

There are other vials for testing different types of geopathic stress. They are not necessary, but can be used to fine-tune the type present. Further details are given in Part III. These vials are:

Agate	Yin, discharging force field, left spin
Calcium Carbonicum 1X	Yang, charging force field, right spin
Basika, a type of quartz	Global grid stress, such as Hartmann or Curry grids
Quartz	Curry grid stress
Cuprum 800X	Geopathic stress from double grid lines

Succinic Acid 200X could also be added to that list. Geopathic stress can sometimes be difficult to uncover and this vial eliminates that possibility. If any of these vials causes a strong indicator muscle to weaken, that is an indication of the presence of the type of interference/stress represented by the weakening vial. As shown in the chart, Phosphorus 60X is used for electromagnetic disturbances, including from intraoral galvanic currents. These currents are the result of the use of different metals in the mouth. They can be measured by a dentist trained in this procedure. That said, I would expect the Phosphorus 60X to cross-test to one or more of the six jaw points, if intraoral currents were involved. Geopathic stress may not show as an Intox, so should be tested in the clear.

NEUTRALIZING EMF, GEOPATHIC, ATMOSPATHIC AND OTHER SOURCES OF STRESSES

When an Energem is placed within an electrical system, the Energem's neutralizing frequencies are picked up and travel through that system,

along with the electricity. This is how the electromagnetic stress from the electrical system (and its other toxins) is neutralized. This procedure does not neutralize the geopathic stress that may be entering from the earth, or any other source of toxins not directly related to the electrical system — such as metal roofs, satellite and TV antennas, lightning protection systems, and incoming oil and gas lines, etc.

In order to neutralize these other outside sources of toxins (especially with the use of the same Energem), the energies in the Energem must come into contact with these other sources of toxicity. From years of research, it has been determined that this occurs when the Energem interfaces with either photographs or a sketch representing the source of the toxicity.

CROSS-TESTING EMF, GEOPATHIC AND ATMOSPATHIC STRESSES

Cross-testing can be done with the use of any of these vials to any organ or point on the charts, including under the feet, or the crown chakra to see if that toxin is being eliminated. These vials can also be cross-tested to one another. As an example, if the Radium Bromide 1000X (radioactive energetic interference) produces a weakness, it can be tested to the geopathic vials. Whichever geopathic vial now strengthens the weak muscle, it is an indication that there is radioactive interference from geopathic stress. Using the additional vials, the Radium Bromide 1000X could be tested to find what type(s) of geopathic stress is causing the radioactive energetic interference.

ACCURATE TESTING

This testing should not be performed in a location known to have geopathic or electromagnetic stress (without use of an Energem). The testing results could be exactly the opposite. First, test in a known “safe” area (for instance, where an Energem is used) or go outside for the initial testing and then retest inside to find a safe testing area.

Before any testing is done inside, I suggest removal from within the electrical system and from within the test area of any other products designed to neutralize electromagnetic stress or alter the environment in any way. These other products could interfere with the accurate testing of the Energems as well as any other testing.

HOW TO TEST YOUR HOME OR OFFICE

Once you have found a safe testing area to base other results upon, these vials can also be used to find toxic areas by walking around and retesting each vial — probably getting opposite results in the compromised areas. For example, if the testee has that form of EMF, geopathic or atmospathic stress which would weaken a strong muscle in a “safe” area, that same testee would generally test strong with that same vial in a toxic area.

I have used both photographs and sketches of homes, in addition to floor plans, to find these disturbance fields. The photographs need to be taken of the outside of the home including the ground and the roof areas (especially if a metal roof or a lightning protection system exists) on all sides of the house, including any antennas.

I start by testing all of the photographs combined and fine-tune the testing using the “Well Tolerated” vial. If a weakness is produced, then I test each photograph individually. It is not unusual for all of the photos to cause a weakness. Each weakening photo can be cross-tested to the different geopathic, EMF and atmospathic vials.

Once I have an idea of which types of stress are in the home, I draw a small, very rough sketch of the house, including any antennas, metal roof, or lightning protection system, and write the house address on the sketch. I place an Energem Electrical&Telephone (E&T) coaster on the sketch so that the sketch is entirely covered by the coaster. If no coaster is available, the sketch could be curled or folded and placed inside a glass with any Energem under the glass. The glass will pick up the Energem’s energy and transmit it to the sketch. This placement of

the Energem with the house sketch will neutralize the EMF, atmospathic and geopathic stresses represented by the sketch.

Then I retest all of the photos together. Generally they would be strong now. If not, then use either the photos or a floor plan to find other sources of toxicity that are not included in the sketch.

These could be gas or oil lines coming in, an alarm system, high radon levels, or other outside sources such as microwave towers or high tension lines projecting energies towards the house. I have rarely found microwave towers or other outside sources to cause a problem, but it is a possibility. If this is the case, then that energy would test positive on the photos of the outside of the house where that energy is entering. Place that photo with the sketch and Energem and retest.

If other problems are found, use the floor plan of the house or the photos to fine-tune the testing to find where the problem exists, then its source. This can be done by placing fingers to cover each room on the floor plan of the house and retesting or placing fingers on the outside photographs in different areas and retesting.

Once this source has been found, then include it in the small sketch of the house (or add the photo) and replace the Energem on it. Then retest all the photographs together. If they are strong in the clear — front and back — then add the “Well Tolerated” vial and retest front and back. If all are strong, the testing is complete and one Energem will neutralize all of these interferences. If they are not all strong, go back and retest each one to find the source until all are strong. When an area tests weak (by touching), the EMF, geopathic and atmospathic vials can be cross-tested to get an idea of the source. Also any toxin-neutralizing remedy can be tested to help determine the problem — so that you can then find the source. If a mold or similar-type neutralizing remedy strengthens, that is an area outside the use of an Energem.

If you have not been able to find the source of all of the toxicity in your home, take a look, especially in the kitchen and garage, to see if there are toxic substances such as insecticides, gas cans, paint, paint

remover, nail polish remover or other chemicals. Also check for medications in the refrigerator. **The energy of any substance that is within the electrical system will be picked up and transmitted throughout the entire home via the electrical system.** This is also how the Energems work.

Just as homes can be tested from photographs and sketches, plats of land can be tested using the same method.

OTHER WAYS TO TEST ENERGEMS

Without the use of an Energem, stand next to or touch any electrical appliance — TV, computer, lamp, etc. and test your body. It may be strong in the clear in the front, but then test the “Well Tolerated” vial, or test previously strong organs or points. Or test under the feet before and after introducing the electromagnetic stress. If the feet were strong, generally the electromagnetic stress would weaken them. While they test weak, add toxin-neutralizing remedies one at a time, continuing to hold each one that strengthens. Each remedy that strengthens represents the **energy** of that toxin present in your electrical system. Walk around the house testing using the electromagnetic, radioactive and geopathic vials to see where the energies are neutral or strong versus where they are weakening you.

Then place an Energem in your home or office that you have just tested. This will neutralize the EMF stress resulting from the electrical system. In order to neutralize the geopathic stress as well as the other sources of toxicity found with the use of only one Energem, a sketch which includes these sources, in addition to the photos, needs to be used. Put the sketch and photos into an envelope and place it within the electrical system being neutralized by the Energem, such as under any plugged-in electrical cord. Then go and retest all of the previously weak areas.

I want to caution you: Do not place a picture within your electrical system of something located outside of your home (that is on or

entering your property) which is extremely toxic (such as a microwave or radar antenna). In case the Energem were unknowingly moved, those outside toxins represented by the picture could potentially be introduced into your home. If you do have a potential source of this type of toxicity, place the photo on or under an Energem coaster and away from any electrical source.

Even though the home is “fixed” with an Energem, the electromagnetic and geopathic vials will test weak on its inhabitants until those toxins have been totally eliminated from the body.

Another indication that the toxins in the home are being neutralized is when an electromagnetic or geopathic vial that tests weak is strengthened when cross-tested with the “Effective/Treat” vial. That means the body knows that the source has been eliminated from the home and the body is now ready to eliminate those toxins.

Cross-testing can be done using any of the charts, vials or points. For example, if one of the geopathic stress vials produces a weakness, test the different organs, using either the vials or TL, to see which areas are most negatively affected by the geopathic stress. The more areas that cross-test to the vials, probably the more severely they are affected by that stress.

Once the Energem and sketch are in place, use the toxin-neutralizing vials to retest to see if toxins are being released out the crown chakra and which ones. If they are not going out the crown chakra, then there is something that is causing weakness under the feet, which may result in the retention of most toxins until that source is eliminated.

HOW TO TEST CELL PHONES

First ask your body to negate any LFAs you may be using. Then test to get your baseline. You may use any of the vials, charts or points — including nutrient levels, chakras, alarm points, allergy points and

CMPs. Especially test under your feet, the brain and thyroid vials, Phosphorous 60X EMF vial, Radium Bromide 1000X radioactive energetic interference vial, and the radiation and scavenger toxin-neutralizing remedies.

Then remove any Energem from the cell phone or your body. Turn on the phone and place it up to your head for one minute (or elsewhere if you prefer) as though you were going to use it.

While holding the phone, test the “Well Tolerated” vial, retest the Phosphorous 60X EMF vial, the Radium Bromide 1000X radioactive energetic interference vial, and under the feet.

Now put down the phone and immediately retest the original vials.

Here is what happens testing most people. Try the testing on yourself for your own proof. The use of the phone without an Energem will not be “Well Tolerated.” The Phosphorus 60X EMF vial and the Radium Bromide 1000X radioactive energetic interference vials will both test positive, and under the feet will test weak. Most nutrient points, chakras, alarm points, allergy points, CMPs and organs will test weak. The toxin-neutralizing remedies for the scavengers and radiation will test positive.

Next put an Energem on the phone, turn it on and hold it again for one minute. Set it down and retest all the relevant vials and points. Especially test the toxin-neutralizing remedies. The relevant ones will now show being removed from the body, generally out the crown chakra.

If under the feet originally tested strong, they will immediately test strong again. All the points and vials will immediately begin to strengthen and within minutes all should test the same or better (the use of the Energem for even that short period of time could improve the testing) than the baseline testing.

Chapter II-7

Energetic Life Force Aphorisms



While working on ways to heal my own body, I could not see me (and my body) taking a giant leap from my current cleansing and healing program — including taking lots of remedies and some supplements — to where my body automatically would cleanse and heal all by itself. With that as my goal, I developed the LFAs as a bridge to my evolving.

The energetic Life Force Aphorisms (LFAs) are directions to guide the body in the desired direction, such as to start cleansing, healing, and evolving. I have found this to be a very natural process. Your body understands (if talked to properly) your directions and automatically begins the process, usually determining for itself the details that best suit your body at any given time. The key factor here is: “if said properly.” The wording is critical. As I found out the hard way, it is more than just intention. If our body does not or cannot interpret the words properly, it cannot follow through properly.

Energetic Life Force Aphorisms Versus Affirmations

Because of the wording, I have found many affirmations that clients were using were causing them problems. Affirmations make a very positive statement of what we desire. We desire this because we don't already possess it. **Even though the statement is positive — it is not true.** If it were true, we wouldn't need the affirmation. Our body recognizes it as an untruth, doesn't understand what to do, and **is weakened because it is an untruth.**

How to “Fix” Affirmations

Simply adding wording, such as: “I am becoming” in front of an affirmation makes it strengthening. It means we are working on it, but have not achieved it yet — so it is a truth.

EXAMPLE OF AFFIRMATION

One simple example would be:

“I am healthy.”

The individual who has chosen to say this would usually not be healthy, so the body is confused at hearing this untruth. Instead say:

“I am becoming healthy.”

This is positive and strengthening for the body. This is different from an LFA in that it doesn't “direct” the body to automatically do

something to achieve our goal. But it does open up our mind and consciousness to what we desire, to assist in attracting the ways and means to accomplish our goal.

Frequency

I say the LFAs once per day in the morning. I am communicating them to all levels of my body. At the same time, I feel a connection with God and a sense of gratitude. These can be said to oneself, out loud or written, whatever works best. The more significant ones for me at any particular time I say out loud. I also feel and understand what I am saying and after saying all of them (which takes me about two minutes a day), I take a few minutes to visualize this happening and **feel** the joy and gratitude of reaching my goals. I believe the feeling helps to ground the work and helps set up our expectations of the desired results.

At some point in the future, I expect my body to “get the message” and begin to know how to follow through automatically without needing any LFAs.

Making Your Own LFAs

You may make LFAs for your own personal situations; just be VERY careful of the wording and test your body daily to see how it is responding. Also test each statement using the “Effective” and “Tolerated” vials and test under the feet before and after using them.

I have spent years developing these and have undergone physical setbacks as a result of using the wrong words. Also add in, “at a pace I can handle and in the most efficient manner.”

How to Negate any LFA

Any LFA can be totally negated instantly just by telling your body to negate that specific (or all) LFAs that you said that day. Also ask your body to balance out from any effects of that negated LFA. It could take a short period of time for your body to rebalance and realign. If the reaction is too much on any day, the body can also be told to slow it down more instead of negating it. It is your responsibility to understand what you are doing and that these can be powerful cleansing and healing tools.

Specific Use LFAs

Once you have obtained your baseline test results, balanced your nutrients and initiated a drainage cleansing process, begin to use the LFAs. I would suggest starting with only one at a time, use them intelligently, and test the LFAs on a continuing basis to confirm they are still “Well Tolerated” and test the charts to monitor your progress.

Some of these LFAs I developed were based on Rose’s suggestions for my own particular needs. A particular one is a Toxin-Clearing LFA related to my sensitivity to toxic substances that can be encountered at any moment, such as insecticides, exhaust fumes, paint fumes, perfumes, printer’s shop fumes, someone’s sneeze, and most any inhaled chemical or toxin. I talk to my body the instant I am aware of any of these.

"I ask that the (state toxin or chemical) move through me and not be retained in my body."

I, as well as clients, have successfully used this one. A client used this when he had exhaust problems from his car. I had found inhaled air pollution showing in him (from testing the allergy CMPs). He used this LFA until his car was repaired. I tested him daily and he did not retain any additional air pollution and also released what he had retained — the release being an indication that the source was removed. The first time I used it was when I was using a copy machine for about two hours in a very small room. The LFA worked exceptionally well. I could have felt very tired or even had a headache if I had not used it. I have used it while walking through the perfume sections in department stores and the cleaning supply aisle in grocery stores, and while in the printer's shop.

Rose wanted me to understand that no toxins have to be retained in me and instead they can move through my body. Later telling her how I had turned her suggestion into the above LFA initiated another discussion — one I believe is important to our evolving consciousness.

She discussed "entrainment" — how someone who is learning about a subject, such as toxicity, can be influenced and pulled into believing that it must happen to them because it happens to others. She described how there is a resonance on the mental plane about information we take in. We may believe that because we are in a toxic environment and "know" that people in this circumstance get sick, that we will/must too.

According to Rose, that doesn't have to happen. "If you're working from a spiritual place things can move through you. You don't have to be affected by them."

If we understand our capabilities, this can become more natural and spiritual and not just "a technique." That is my goal with all of the energetic work and LFAs. But, even though I "know" that toxins can flow through me, I still refer to this LFA as a reminder until it becomes totally automatic.

I am fair-skinned and live at a high altitude where the sun is very strong and we have a lot of clear-blue-sky days. While a teenager at the beach I did get sun poisoning. My eyes are very sensitive to the sun, so if I am outside and squinting, I say another one based on a suggestion from Rose:

"I take in only that amount of the sun's energy that is good for me."

I am very sensitive to my cranial bones being out of place, which happens virtually every time I fall while skiing or snowshoeing. It has also occurred when my jaw was out of balance from either my bite being off or long visits with the dentist with my mouth open. What has helped me, especially if I can't get to a cranial osteopath or chiropractor soon, is:

"Cranials, balance out please."

Nothing has been physically touched or moved — my body is learning to heal itself.

When my cranials feel like they are out of place, sometimes it has been an overload in my lymphatic system, in which case I either take a lymph drainage remedy or talk to my lymphatic system (and/or tonsils):

"Lymphatics (and/or tonsils), please drain."

Affirmation-Type LFAs

These LFAs I say daily. They get my mind set in the right direction for the day and confirm my intentions and my health goals.

"I take in those energies for my well-being, for the highest and best use."

"I ask that my body continually cleanse, purify, energize, revitalize, rejuvenate, regenerate, heal, and evolve — all at a pace I can handle and in the most efficient manner."

Make sure you want all of these — especially before saying the word "evolve."

Grounding LFA

This is one of two that will temporarily strengthen the feet (a Band-aid fix); but it also serves other purposes. As discussed, I had been very much grounded into my husband —our base chakras (earth, grounding, survival-related) resonating and communicating — and at some point after his death I realized (while living in Colorado) I had unknowingly grounded, at least somewhat, into my property in Virginia, while trying to sell it.

Rose talked about my having grounded into external areas rather than into my own body, and has suggested I physically touch and feel my body with my hands, which I do at the same time that I say this LFA. It also helps me to feel that I am empowering myself while saying it.

"I ground into and reside in my own body."

Moving Forward LFA

This is the second LFA that can be used temporarily to strengthen under the feet. It accomplishes that by getting us focused on the present and future, not the past. This works as a Band-aid measure also and the primary reason for the weakening under the feet should be determined and corrected.

"I am in the present moment, looking towards the future."

Earth Energy LFA

During my early work with Rose when my legs felt still somewhat weak and my energy was low, she talked about the earth energy (EE), the natural energy field of the earth. She discussed how the earth energy connects to the kundalini to help fuel it. She suggested that I talk to my body to “ask that the EE start moving from below your feet up through your legs,” to make that bridge from the EE to the kundalini. Before doing that I tested the chakras under my feet, at the knees, legs, hands, and arms. They were all weak. I asked the EE to come up and then retested. All the previously weak mini-chakras were now all strong — instantly. My body had to relearn how to utilize the EE and the kundalini. As Rose explained it, “The EE connecting to your kundalini is vital for your base chakra to get stronger.”

While doing this testing I saw the EE was only coming up my right leg. When I mentioned this to Rose, she said that the EE comes up both of her legs. I tested other people and they responded the same way I did. I started with the EE coming up the right leg only and later began instructing my body so that the EE came up both of my legs. I suspect the body could get confused if toxins are still going out the left leg while the EE is coming up it, so start with the right leg only. This process led to another LFA, which has been modified several times over the past few years. As you are saying this, know and feel how loving and healthy this EE is.

“I ask that the beneficial-to-me earth energy come up from beneath my feet, up (both or right) legs and connect to my kundalini. I ask that any blocks to this connection be eliminated, and occur in the most efficient manner and at a pace I can handle.”

Primary Cleansing Energetic LFA

As I stated previously, start with the other more basic LFAs, drainage program, and use of an Energem before beginning to use this LFA, at least in its entirety. Unless specified, my discussion of the use of this LFA will pertain to its entire use, not partial use, which is detailed below.

I developed this LFA as a beginning to teach my body to cleanse itself automatically. This is step one, with additional steps still in research.

This is the most powerful LFA to date in that it is capable of eliminating core and scavenger toxins, including miasms, from the deepest levels in our body. This LFA releases the toxins out the crown chakra transmuted. As stated, I believe the transmutation occurs in the sushumna, which is the route of elimination initiated and followed by this LFA. Depending upon the type of toxin and the depth of its storage in the body, this elimination can begin at the DNA level and then **sequence** through most brain areas and primary endocrine areas while also being released from the nerves, lymphatic system and blood, and then the other organs in which the toxins (or its energy) are being stored. **The body knows how to do this, once we know that it can happen and we want it to happen.** The body also determines its own timing for this process. The sequencing of the release of the toxins is something that I have tested and tracked for several years. This sequencing also appears to follow (at least one) of the laws of healing discovered by a homeopathic physician, Constantine Hering, M.D. This law states that true healing begins at the deepest levels to the less important levels. When Hering's laws of cure are observed, it is an indication that treatment is proceeding in the right direction — towards a true cure, not a suppression. Hering's other two laws are that healing proceeds from above down and from the inside out.

Having said that, I found that some toxins needed to be “recognized” before their elimination — an aspect of Consciousness

Recognition. This can be done by the use of the Intox vials. These were deep-seated emotional issues (that could require a therapist's assistance). This LFA may bring up emotions, all of which need to be resolved separately from this LFA. Any programming or mind control usually will need to be consciously "recognized" before its release is initiated. The source and specifics may also need to be recognized before the LFA will assist their release.

This system requires patience, especially regarding programming and mind control. The beauty is that it is primarily automatic and can be done without interfering in our schedule or lifestyle. The stronger your body, the faster it can happen.

As stated previously, progress can be monitored by testing the crown chakra with the palm up. Toxins that are being released out the crown chakra transmuted will show in the clear in the back, not the front — which means that holding a specific toxin-neutralizing remedy will test strong in the back if it is present in the body, but being released out the crown chakra transmuted. If it is TLed to an organ or point in the front, then the fingers or hand must be reversed because of the transmutation.

This primary LFA is:

"I ask that the continual release, transmutation, cleansing, and elimination from all of my body of overt and covert toxins, scavengers as they are no longer necessary, and painful emotions, occur at the material and deepest levels, at a pace I can well tolerate, and in the most efficient manner."

THE BREAKDOWN

"The release, transmutation, cleansing, and elimination" should be stated in this order. First, the cells need to release the toxin; next, it's easier on the body if it is transmuted; then it's time for the body to cleanse and eliminate it.

The “from all of my body” is a more recent change in that it adds cleansing from the lymph and blood systems, although some additional drainage may be needed at times, especially for very sensitive people.

The “scavengers as they are no longer necessary” part means that we don’t want the body to eliminate scavengers while they may still be needed. The “occur at the material and deepest levels” part means elimination at the level of physical substance as well as the deepest — such as DNA or “energy only” levels. The “energy only” levels would include the elimination of miasms. The “at a pace I can well tolerate” is so we don’t overload our system while cleansing. “In the most efficient manner” means that we want the body to determine its best method.

MODIFICATION TO THE PRIMARY LFA

Most of my focus has been on the elimination of exogenous and not endogenous toxins. Exogenous toxins are toxins we are exposed to from our outside environment. Endogenous toxins are produced inside your body as a result of poor digestion or a by-product of metabolism. The body’s production of free radicals would be included in this category and can be transmuted and eliminated via the crown chakra by this addition to the primary LFA. Proper diet, well-chewed food, proper food combining and a healthy lifestyle can reduce our production of endogenous toxins. Digestive enzymes as needed can help this process as long as they are “Effective” for strengthening the pancreas and “Well Tolerated.” This primary LFA can be modified to include either or both exogenous and endogenous toxins.

After “overt and covert,” add either or both “exogenous and endogenous.”

Start with only one of these two types of toxins.

OTHER MODIFICATIONS

If desired, “programming, mind control and/or interference” can be added after “painful emotions.”

Under certain circumstances where it would be prudent, another modification would be to specify one toxin to be released first, such as:

“I ask that the continual release, transmutation, cleansing, and elimination from all of my body of the overt and covert **(state specific toxin, such as air pollution)**, and its scavenger as it is no longer necessary, occur at the material and deepest levels, at a pace I can well tolerate, and in the most efficient manner.”

Of course, if a scavenger-type toxin were specified, then that part would be eliminated.

Specific organ(s) can also be specified. I have used this for the jaw area when there has been pain and have combined it by using the primary toxin that I wanted eliminated. This is overriding the body’s own intelligence, so requires more (and accurate) testing and observation.

“I ask that the continual release, transmutation, cleansing, and elimination from my **(state specific areas, such as jaw area and lymphatics)** of overt and covert **(state specific toxin, such as air pollution)**, its scavenger(s) as they are no longer necessary, occur at the material and deepest levels, at a pace I can well tolerate, and in the most efficient manner.”

LFA Results

I have been very pleased with the successful results achieved from using these LFAs, for both myself and others. My belief in my God-given right and strong desire to be healthy has driven me to find these very natural and empowering Life Evolving Energetics methods of self-help. **What can be more natural than to go to God for direction and talk to my own body to tell it what I really want?**

Test and try this work for yourself to find what is beneficial for your own well-being.



Energems & Enerdiscs

PART III

GEOPATHIC STRESS AND THE EVOLUTION OF THE ENERGEMS

Chapter III-1

The Evolving Uses for the Energems = Energized Gems



One of the puzzles/opportunities for me to research was the cause of all of the toxic energies in our Virginia home and how to eliminate or at least neutralize them.

Radiation from many sources had been trapped in the house for so long that it was saturated and emanating that radiation. Even the stone on the exterior of the house tested for radiation.

I believe the fact that I always felt sick since moving into our house was more than a wake-up call. When that didn't work totally, then Don took "the hit" for me to "see" what had happened, at least partially, as a result of living in our home. Then I got sicker. Ultimately, it was my godson Warner's physical reactions that showed me the extent of the toxicity in the house. It was time for me to figure out everything I could, beginning with the toxic energies in our home.

Most people are already aware of the negative effects of radiation from many sources, such as X-rays, electricity, computers, televisions and cell phones. Further information is available in many books, such as those listed in the Suggested Reading/Viewing section in the Resource Guide. Two examples follow.

Robert O. Becker, M.D. and Gary Selden in *The Body Electric* detail how “our electropollution is presenting us, and perhaps all animals, with a double challenge: weaker immune systems and stronger diseases.”

They explain how our immune system is geared to fight tangible invaders such as bacteria, virus, and other toxins. They further explain that our bodies do not consciously perceive electromagnetic energy, which tricks the immune system into fighting a shadow. This, in turn, reduces the body’s ability to fight the real diseases.

They list three dangers from electropollution that overshadow all others:

“The first has been conclusively proven: ELF [extremely low frequency] electromagnetic fields vibrating at about 30 to 100 hertz, even if they’re weaker than the earth’s field, interfere with the cues that keep our biological cycles properly timed; chronic stress and impaired disease resistance result. Second, the available evidence strongly suggests that regulation of cellular growth processes is impaired by electropollution, increasing cancer rates and producing serious reproductive problems. Electromagnetic weapons constitute a third class of hazards culminating in climatic manipulation from a sorcerer’s-apprentice level of ignorance.”¹

Dr. Sam Milham, epidemiologist for the Washington State Department of Health, and E. M. Ossiander published a paper showing that a peak in the rate of childhood leukemia was the direct result of electromagnetic fields in their homes.² This has been documented to have occurred throughout the world — country by country and state by state — as the electrification of homes was completed.

The authors concluded that 75% of childhood acute lymphoblastic leukemia and 60% of all childhood leukemia is preventable.

These same electromagnetic fields also affect adults and the adult leukemia rate, which has increased at a pace similar to the child's rate. I suspect that the electrification of homes also increased the intensity of the geopathic fields in the home.

As I have previously stated, I had tested and used products designed to neutralize the electromagnetic frequencies in our home. They were doing that, but that was not enough. Friends and clients were also using these same devices.

All of a sudden in the spring of 1996, I began seeing changes, including new toxins, in a client with whom I had been working for over fifteen years. I was familiar with his lifestyle and diet, so whenever I saw something different, I would need to find the source. **It is very important to find and eliminate the source, rather than just treat the symptoms — even if the treatment is an alternative type.** Once the source is eliminated, the body can, and automatically will, begin to heal itself.

One of the first things I noticed was that the “constitutional” vial in the Vega ART system was showing positive. This indicated that he would benefit from receiving a constitutional remedy, usually a single-dose, high-potency homeopathic remedy. Constitutional remedies address all of the current symptoms — physical, mental, and emotional — and are usually very deep acting, curative, and long lasting. Hypericum (St. John's Wort) was testing “Effective.” From my understanding of homeopathy, Hypericum is **usually** used in low potency as an acute remedy for injuries — especially to nerves. I asked if he had any current injuries. He had just been hit in the leg with a tennis ball but was not aware of any injury or excessive pain from it. Nothing made much sense, so I did nothing new. During the next weeks, the same things showed. Also, the Nerve Degeneration Vessel (NDV), the acupuncture points discovered by Dr. R. Voll, the originator of electro-acupuncture, was showing weak. At least this fit with

Hypericum. I began seeing a similar picture in other people, even in different parts of the country — Hypericum and nerves (the location of my later illness).

Eventually, I traced the source of the problem to toxins coming in through the normal electrical system. These new toxins were having a negative affect, primarily on the nervous system. It tested as a “constitutional” because it was becoming the primary focus in the body. The body was now being continually bombarded with toxins in a manner with which it had never had to deal before.

I tested my foods on a regular basis. I was finding more and more foods that were testing “Not Tolerated.” I also made fresh juice on a regular basis. I was now reacting to my organic fresh juice, which I had never done before. What I finally realized was that the toxins coming in through the electricity were also being absorbed by all foods in the freezer and most foods in the refrigerator. I believe the refrigerated foods that did not pick up these toxins were in areas of the refrigerator away from the field of electricity. So most of the foods from the refrigerated or frozen section at the store, including the health food store, contained toxins. This also explained my organic juices. The first glass, which I drank immediately after juicing, was fine. It was any leftover juice that was refrigerated that always caused a problem for me.

My clients and I were already using at least two different types of protective devices in our homes. These were no longer sufficient. They were helping to neutralize some of the electromagnetic radiation, but were not helping with any of the “new” toxins.

New Toxins

Whenever I discuss testing using toxin-neutralizing remedies, the toxins found within the electrical system, geopathic and atmospathic sources are not necessarily the material toxins themselves. For instance, I am

not saying that parasites are crawling within the electrical system. This type of testing works on an energetic level — meaning the energy, frequency or essence of that toxin is present, not necessarily the material substance itself. The same is true in testing our body. From this testing one may not confirm the presence of the material substance itself.

The Energems themselves work on an energetic level — by neutralizing the energy of the toxicity.

At this stage, the new toxins that I was able to find in my testing included radiation, fungus/yeast, and parasites in all homes, plus virus in my own home. There were other toxins for which I had not yet learned or developed testing procedures. I take samples of different energies on a regular basis and store them in an unchangeable form, so that I may retest them as I develop new testing procedures.

I knew that my clients would not be able to progress properly unless the source of these toxins was either eliminated or corrected. So I immediately began testing the “corrective” electromagnetic products that I had and ordered any and all products of which I was aware, in the hopes of finding an effective one.

But none tested as “Effective.” Because these interferences were so disruptive, I began to research a solution myself.

HOW I TEST FOR THESE TOXINS

I had learned years ago that water picks up energies, including toxins, very rapidly. Water makes up 70% of our body and 90% of our brain. This is one of the reasons why the human body picks up these toxins so rapidly. I began by putting water samples in different parts of the house — next to the computer, television, in the middle of a room, outside, in the refrigerator — with the appliances on, and later with them turned off (and unplugged).

I used all of these samples to test for the different toxins that appeared. I then tested these same samples, using my expanded Vega

system methodology, to discover what would be “Effective” for correcting the problem. And if it were “Effective,” it must also be beneficial for and “Well Tolerated” by the body. It would be pointless to transmute one set of toxins only to replace it with another. This has been a long-term project because the number of toxins has been increasing. Also my methods of testing have evolved so that I now can test for the “covert” toxins, about which other practitioners and researchers may not yet be aware.

Initial Product Testing

My first product was to be used to neutralize the toxins coming in through the electrical system. After discovering different energies/frequencies that were both “Effective” and “Well Tolerated,” I began experimenting with how to combine all the necessary energies and transfer them into one product. I used an electronic instrument — a type of computer — to transfer these beneficial energies. The product that I initially developed needed to be cleansed on a regular basis, sometimes daily. The following year, I researched how to keep the product from absorbing the toxins. I discovered several methods and settled on one.

After I was comfortable using this “electricity purifier,” I began testing it on interested clients and friends.

THE ENERGEMS WORKED!

Hypericum no longer showed as a constitutional, the Nerve Degeneration Vessel points were strong, and these toxins either were still in the process of being released from the body or were no longer even showing in the body.

Purpose of the Energems

This process allowed other healing modalities to work properly again. This is the major aim of the Energems — to keep the body free of these extraneous toxins, to allow it to respond properly to whatever healing methods we choose. The Energems were not designed to alter people on the physical, emotional, mental or spiritual levels. They were designed only to neutralize the toxins that enter the body from outside sources, such as the electricity, geopathic stress and other related sources.

Initial Product Evolution

The first Energem was called an E&T — Electrical&Telephone. I then was concerned about all the food that I was eating that needed to be cleansed. The other products that I had used with my food were not working for all of these new toxins either. All of these other products that I had been using were designed to neutralize the radiation that had been coming in. Many of them were doing what they were designed to do, but were not working on the new “electrically transmitted toxins” that I was discovering.

So I began testing the energies from the E&T Energem that would work also on food, and that would not alter the food in a detrimental way in the process of neutralizing the toxins. This became the Food+ Purifier Energem. Then the development of the Personal Protector, Animal/Pet, and Car Energems were a natural progression. Also the E&T was modified so that it also neutralized the toxins in cell phones, microwave ovens and geopathic stress.

I never liked inhaling fumes from lawn mowers or weed eaters, so I developed the Gas Engine Energem for myself. Later, the Sun Energy and other Enerdiscs were developed.

New Atmospathic Toxins

Two years later, soon after moving to Colorado, I began finding fungus/yeast in the atmosphere. I had been playing tennis and my bottle of drinking water that I had placed outside next to the tennis court became toxic. I immediately tested outdoor water samples in many locations, finding the same toxic result. The following summer, I found additional toxins in the atmosphere — the same toxins that had been coming in through the electricity for the previous three years. These same toxins can now even be found in “organic” produce.

I coined these new toxins “the electrically transmitted and atmospathic toxins.” Foods, liquids, supplements, and remedies rapidly pick up many of these electrically transmitted and atmospathic toxins. Following is a list of toxins that I have found entering our homes via the electrical system, the atmosphere, microwaves, LPSs, geopathic and other atmospathic stress sources. Again, this is the energy or frequency of these toxins.

Overt toxins:

radiation

air pollution

insecticides

fungus/yeast

parasites

rickettsia

viruses

bacteria

Covert toxins — Same as above plus these:

anger

hate

malice

guilt

greed

obsession

I consider the radiation, air pollution, insecticides, and the emotions to be the core toxins and the remaining toxins their scavengers.

The Energems have been refined to the point where they neutralize all of the above toxins.

Current Energem Products

ENERGEM-E&T – Electrical&Telephone Neutralizer

This was the first Energem produced. All neutralizing devices are more efficient when used at the source of the toxins instead of being worn on the body. For this reason, I consider the Electrical&Telephone Energem generally to be the most important one to use. It now neutralizes all of the electromagnetic, microwave, electrically transmitted and atmospheric toxins, geopathic and other atmospheric stresses, as well as the toxins from oil and gas lines that are currently coming into our homes. The placement of either an E&T or an Elixir (the Elixir will be discussed later) Energem within the electrical system (sitting on any plugged-in electrical cord or placed on the fuse box, a TV or computer), neutralizes all of these toxins from all electrical

sources and products used in a home, including TVs, computers, microwave ovens (see below), hair dryers, clock radios, fluorescent lights, electric razors, etc.

The E&T can also be placed on telephones, beepers, walkie-talkies, or cell phones to neutralize all of the toxins from them.

I found that the use of a cell phone without an E&T Energem, even short term, reduces nutrient levels in individuals in a manner similar to eating food that has been exposed to microwave energies. The same toxins that are coming in through the electrical system are also coming in from the use of cell phones. From my testing, within 30 seconds of making a call on a cell phone without an E&T Energem, the brain, thyroid, parathyroid, and jaw areas all showed these toxins. Within one minute of holding a cell phone on standby without an E&T Energem, all organs in the body tested weak. Five minutes after removal of the cell phone, these toxins were still present, with all the organs still weak. Within seconds of placement of a cell phone with an E&T Energem up to the ear, all of the previous toxins were eliminated in all the organs. I have also tested the use of a cell phone headset without an Energem and found the same toxins entering the body.

So the use of an E&T Energem on cell phones not only neutralizes the toxins before they are picked up by the body, but also **initiates the release of the toxins that had been previously stored**, according to my testing.

I suspect that this rapid movement of energy from the cell phone through the ear — beneficial with the use of an Energem, and harmful without an Energem — may be enhanced by the close proximity of the phone headpiece to the ear acupuncture points and meridian system.

Rose once used my cell phone (with an E&T Energem on it). She has the same model cell phone, but chooses to use it without an Energem so that she can track any energetic changes in the environment. When using her phone, she can feel its energy entering her head. She

is not harmed by these energies since her body knows how to automatically transmute and release the toxins. She was amazed at the difference while using mine — with the Energem, she never felt the toxic energy at all.

The E&T also enhances the energetic quality received from TV and radio programming. I have found that the negative energies that are entering into the electrical system also travel and radiate out with the sound, regardless of the quality of the music or voice. The toxins can then be absorbed by the listener.

From testing, I also found that much of the TV programming was actually weakening to an individual. I found this to be true even with the TV muted and the individual's back to the TV. The body "felt" the negative energy that was being transmitted. This varied with the type of programming and even with the same program on different broadcasting stations.

For home use, the Energem needs to be placed within the electrical system — either on an appliance (preferable a computer or television) or on a plugged-in electrical cord or circuit breaker box. The Energem energy is immediately picked up by and travels through the entire electrical wiring system. **This should be remembered when placing anything — especially very toxic substances — near any electrical appliance or its wiring.** That toxic energy would be circulated throughout the electrical system.

One E&T Energem neutralizes all of these toxins (and more), not just the radiation.

ENERGEM-F+ — Food+ Purifier

I developed the Food+ Energem to neutralize and reduce the toxicity in foods and beverages. It can also be used to neutralize toxins in other products such as cosmetics, clothes, batteries, household cleaning products, eyeglasses (frames and lenses), plastic products, distilled water, and microwaved foods.

The Food+ Energem energies are electronically transferred into coasters made from gems. The home coaster is 90 mm and the travel coaster is 50 mm in diameter.

These products should be placed on the Food+ gem coaster for a few minutes.

Use of **Microwave Ovens** and Distilled Water

During the research and development of this Energem, I also tested microwave ovens and distilled water. My initial testing of microwaved food showed that the food itself was “Not Tolerated.” I used a variety of raw, organic vegetables for testing. The testing showed that **after they had been microwaved, the protein, vitamin, and mineral levels were decreased and that ingestion of these foods would also decrease our body’s nutrient levels** — almost like a chelator pulling from our body in order to balance itself. The testing also revealed that **these energy-changing microwave frequencies traveled throughout the electrical system, thereby affecting everything located within that electrical system,** especially all the other foods stored in the refrigerator or freezer.

So the use, even short-term, of a microwave oven can drastically reduce the nutritional value of all foods it contacts, either directly, or indirectly, via the electrical system.

From the testing, I discovered a frequency that would neutralize the effects from microwave ovens. This was then included in all of the Energems.

For the past 25 years, my testing of distilled water has always shown it to be weakening to the human body. I believe one of the reasons is that electricity is almost always used to distill the water. Water naturally absorbs the radiations from the electricity. I found that distilled water decreases the body’s nutrient levels, very similar to microwave energies.

The Energems work on both microwaved food and distilled water by using them either before cooking/distilling, so that an Energem is placed within the electrical system, or after the fact, by placing a Food+gem coaster under a plate of food or a glass of water. This is especially important to do while eating in restaurants.

Recently I met with the owner of a timberframe company who is probably the one most responsible for bringing back to the U.S. the art of timberframe building, where the entire structure is supported by large wooden posts and beams. As our lunch was served, I slipped an Energem under my plate as usual and explained to him what they were and how most restaurant food was altered because of the use of microwave ovens. He proceeded to tell me a story about “microwaved wood.”

A very accomplished Japanese carpenter was interning in his shop for a short period of time. The timbers for a new project had been processed by another company that used frequencies in the microwave range in order to dry the wood rapidly. As they were about to undertake the process of working the wood, the intern went to the owner to tell him that it would be hard to work with the wood with the right attitude, because the wood had no life: “The wood — it is dead. It is dead!” According to the owner, “He did eventually work with the timbers, and the work he did, along with the other team members, came out extremely well.” I later built a timber frame home and was assured that my timbers would not be microwaved.

ENERGEM-P – Personal Protector

The Personal Energem was the next one for me to develop. Even though it is always best to eliminate the source of the toxins, this is not possible outside of our home or office. The E&T and Elixir Energems neutralize the toxins at the source, before they enter our body. When this is not done, the toxins enter our body first, and then they can be neutralized by wearing a Personal Protector Energem.

This Energem also balances and strengthens the aura and chakras, enhances calming positive states, balances color needs, and protects from outside sources of negative radiations.

Beginning in 2001, I began seeing the back of the throat chakra weak on **everyone** that I tested. This weakness tested to covert interference and rickettsia (similar in size to a virus). Rickettsia is generally the scavenger toxin I see relating to microwave energies. The Personal Energem was updated in order to transmute this “interference” at the throat chakra area.

It is important that individuals know their own body in order to learn to distinguish for themselves whether or not a weakness is from an outside source or is one’s own. Then they can choose what method they prefer to use to clear that weakness. This strengthening can also be done energetically.

The Personal Energem is especially beneficial for healers. From wearing this Energem, the healer’s energies are more balanced. As a result, these positive energies, not any of the healer’s own personal challenges, are transferred to another individual. Holding a food or beverage while wearing an Energem also automatically clears the toxins from them.

I have felt myself being drained physically while working with individuals, both on the phone and in person, who had covert interference coming into them. Some of this interference was minor and in one case was extreme. When I wore my Personal Protector Energem it neutralized the toxic stress to my system.

Several other Energems were then developed.

ENERGEM-A – Animals

It can be attached to a pet’s collar and works in a manner similar to the Personal Energem.

ENERGEM-C – Car

To be used in the car to reduce the toxicity of the emissions and electromagnetic stress. I found it very important to use a Car Energem while using a satellite radio system. Again, I learned from one of my clients. During regular testing I found an inhaled air pollution toxin in him. On at least two previous occasions over many years I had found the same thing with this client. He would have the exhaust system in his car tested and then fixed, and his “inhaled” problem would disappear. This time he had the exhaust system checked and it was OK. But the mechanic did find a leak in the antifreeze system that could conceivably have caused the problem. The leak was fixed, but the inhaled problem continued.

Eventually, I heard him mention that he had purchased a satellite radio system for both his car and his home. We checked both locations and found the same inhaled toxin problem. He was wearing his Personal Protector Energem, which was neutralizing all of the other toxins, but was not neutralizing the continually inhaled toxins from the satellite system. It made me wonder if “air pollution” toxins are now traveling along satellite paths (another example which shows how important it is to neutralize the source of the toxins, whenever possible). When the E&T Energem in his home also encompassed the satellite radio receiver, the inhaled problem disappeared. Then we tested the car to see what would correct that location. It was found that the use of an Energem in one of several locations would neutralize the toxins from the satellite radio receiver. This included placement directly on the satellite radio receiver, or anywhere within the car’s electrical system, or plugging a cell phone with an Energem into the cigarette lighter (with the ignition on).

Within days of correcting both locations, the satellite radio toxins were eliminated from his body, via the crown chakra.

I wondered why the air pollution toxin was not being neutralized by his Personal Protector Energem. This research led to a change in

the Personal Protector. A specific neutralizing frequency that already existed in the other Energems was then added to the Personal Protector.

If changes are necessary due to environmental changes or new research, updates are placed on the website so that all existing Personal Protector or any other Energems can be updated to include any new frequencies.

ENERGEM-G – Gasoline Engines

To reduce the toxic emissions produced by gasoline engines, such as lawn mowers and weed eaters.

ENERGEM-X – Elixir

The most recent Energem is the Elixir, which is a combination of the E&T, Food+, and Personal Protector. This allows this multi-use Energem to be moved from one location to another. It can be used on a cell phone, when needed, used to transmute all of the negative energies in a home or office exactly like an E&T, carried in a pocket as a Personal Protector, or used like a Food+ Purifier to neutralize the toxins in food and beverages — and all in one day!

Enerdiscs

EII has discovered a method by which individuals may energetically reproduce specific cleansing, energizing, and drainage essences for their own use on a continuing basis. These essence energies are transferred into gem coaster-like discs — ENERDISCS=Energized Discs. A dropper bottle or glass of water is placed on the Enerdisc for approximately ten minutes. After that time, the essence has been permanently transferred into the water and can be removed from the disc.

SUN ENERDISC – Sun Energizer Essence

Water placed on this gem coaster duplicates the beneficial energies from the sun. This energized water can then be used on people, pets, or plants. I found that it increased the functioning of the endocrine system and increased vitality.

SCAVENGER ENERDISC – Scavenger Release Essence

This produces an essence that neutralizes the scavenger toxins.

ENERCLEANSE ENERDISC – Enercleanse Essence

This produces an essence that aids the lymph and blood cleansing and drainage.

ENERTOX ENERDISC – Enertox Essence

This produces an essence that neutralizes the core toxins.

ENERGIZER ENERDISC – Energizer Essence

This produces an essence to aid in energizing the body.

WATER ENERDISC – Water Energizer Essence

We have also used this method to further enhance drinking water. We begin with water as pure as possible and then place it on the disc. I believe that this method brings our current water close to the purity of 100 years ago. The enhanced water is so powerful that I can only handle small sips throughout the day, and would only recommend its use to individuals who have previously cleared their homes and their bodies of the geopathic, atmospathic, and electrically transmitted toxins.

PLACEMENT OF ENERDISCS

While the Energems for the home must be placed within the electrical system, the Enerdiscs should never be placed within the electrical system. Otherwise, the Enerdisc energies could unknowingly be transmitted via the electrical system and picked up elsewhere.

Use of Gems/Crystals

Gems and crystals are used for most of the Energems. Crystals are attractive and available in many different forms and sizes. They receive, retain, and radiate the beneficial energies very well. **It is not the inherent properties of the crystals and gems that neutralize the toxins.** It is the **frequencies** that are **electronically transferred** into them. An electronic instrument is used to transfer all the corrective frequencies into each Energem and Enerdisc.

Current Research

Energems are currently being tested for their capability to neutralize X-ray radiation and radon. The current version of the E&T and Elixir Energems are being tested and are neutralizing the toxicity from low levels of radon. Energems have successfully been used on both dental X-ray and emergency room X-ray equipment to neutralize their radiation. An E&T Energem was placed on the X-ray equipment and a Personal Protector Energem was worn. Individuals have been tested within two hours of exposure to these X-rays and have been found, using Vega BioKinesiology testing, not to have retained any radiation, nor to be in the process of eliminating any radiation. This research on the Energems' effectiveness in neutralizing X-ray radiation and radon, as well as other toxins, will be ongoing.

Whenever Energems are used like this with extremely toxic equipment, I suggest they be rinsed briefly under cool water before further use.

Suspected Sources of Toxins

When I initially started seeing these toxins, I discovered that the Army's Ground Wave Emergency Network (GWEN) had just become operational. According to Robert Becker, M.D., in his book *Cross Currents — The Perils of Electropollution, The Promise of Electromedicine*,³ GWEN is a communications system that consists of a network of towers spread out across the continental U.S. There are approximately 300 towers, 200 to 250 miles apart. Signals radiate out from these towers in a 360-degree circle for a distance of 250–300 miles. These ground wave signals can thus be transmitted from one coast to another.

I believe that GWEN was possibly a carrier for these already prevalent toxins, and that GWEN and other systems speeded up their transmission and ultimate inclusion within the electrical system and atmosphere.

The book *Safe as Houses?* documents the experiences of Geoffrey Allen, an architect and colleague of Cowan and Girdlestone's. Allen, whose body is sensitive enough to be a detection device for subtle earth energies, believes that earth energies "are released on to the surface of the planet by way of fault lines and quarries, etc."⁴ Allen's personal experience leads to the conclusion, as explained in *Safe as Houses?*, that "the problem is not entirely due to the magnetic fields which surround the power lines, but from the natural energies which are drawn towards them."

Just as I suspected that the GWEN towers were acting as a carrier for the electrically transmitted and atmospheric toxins, Cowan and Girdlestone questioned why standing stones, wells, electrical

generators, televisions, etc. emitted similar wavelengths of energies. He believes that the natural earth energies may be attracted to them and then radiated out by them.⁵

I also believe that these toxins are in the atmosphere now because of a cleansing that the earth itself is going through — that the earth needs to release its toxins into the atmosphere, in ways additional to its normal processes (such as volcanic eruptions and earthquakes). If this is accurate, I suspect that we will continue to have more and more toxins in our environment until this process is complete.

This may also be the reason for all of the toxins, overt and covert, that I have found emanating from the geopathic areas. These areas may be exit points for the toxins that the earth is now releasing, which would also explain why more and more people appear to be much more reactive to geopathic stress.

Only months before completing this book, stronger forms of radiation began appearing that required a modification (and upgrade) to the Energems.

Is it also possible that the government's use of HAARP could be stirring-up the release of toxins that have been stored in the earth? Rose believes that HAARP could be affecting the health of the earth in an even more detrimental way — by suppressing the release of its toxins, in much the same way as the lightning protection system did on my home. HAARP — High Frequency Active Auroral Research Program — began as a U.S. government research project (they claim that it is still only research) that was expanded into a remote area in Alaska. This is a joint venture between the Air Force, Navy, and the Geophysical Institute, which is part of the University of Alaska. According to authors Manning and Begich, HAARP is a ground-based antenna array that “is made to beam more than 1.7 gigawatts (billion watts) of radiated power into the ionosphere — the electrically-charged layer above Earth's atmosphere.”⁶ The ionosphere, which lies 32 to

600 miles above the earth, surrounds the earth and acts as a natural protective shield of energized particles, thereby excluding harmful X-rays and cosmic rays. The HAARP ionosphere heaters are fired sequentially in order to focus a larger beam of energy. Extremely low frequency and very low frequency (ELF and VLF) waves are “sent up from the antenna array (HAARP) in such a way so it produces a virtual antenna in the ionosphere for radiation of radio waves back to earth. The antenna created in the ionosphere then radiates, or sends back, the pulsed frequency.”⁷

These frequencies are directed to the earth, underneath the earth, and into the ocean. The ELF waves in the 1-20 Hertz range for underground use also correlate with human brain waves and are capable of changing behavior over a widespread area. According to Manning and Begich, HAARP is capable of: distinguishing which missiles carry nuclear payloads; at higher levels of energy, causing malfunctioning of electrical apparatus, including computers, etc.; manipulating weather; using huge amounts of power to search for underground nuclear facilities, tunnels, and even oil, gas, and minerals; X-raying the earth; communicating with submarines; changing migration patterns; providing over-the-horizon radar surveillance; providing satellite communications; blocking communications systems; and even altering our moods and mental states. They claim that the U.S. government is changing the Earth’s ionosphere from a protective shield to a mechanical part of a weapons system. A major concern is that this “research” project has the potential to cause great harm to earth and its inhabitants. There are several other smaller and less versatile ionospheric heaters located throughout the world.

Two excellent videos are available: One is presented by Dr. Nick Begich, *Angels Don’t Play This HAARP, Advances in Tesla Technology, The Video*, and the second is *Holes in Heaven?* Sources are listed in the Suggested Reading/Viewing section in the Resource Guide.

The Power of the Energems

The Energems are improving individual's health by "clearing" food, water, and the environment. This results in a strengthening of the body, which then leads to a healthier and stronger immune system. **Energems also remove obstacles to healing, which allows the body to respond more favorably to whatever healing therapies or methods are chosen.** I have received much positive feedback, including some I had not expected. Some of these changes were very dramatic and some were much more subtle.

Before using an Energem, one of my friends could only use her computer for a short period of time before she became weak and extremely nervous. That immediately changed with the placement of an Energem within the electrical circuit. Before the Energems were developed, there was a particular restaurant where we would meet for lunch. She always felt very nervous while inside, so we finally found a new restaurant in which to meet. The first restaurant had a satellite dish with many televisions placed around the dining areas. That very well could have caused her extreme nervousness.

Later, after she had moved from Virginia, she was having a problem in her new home. She had an Energem within the electrical system and a Geopathic Energem placed outside her home. At that time, geopathic stress was neutralized by placement of a Geopathic Energem outside where the geopathic stress was found, by testing, to be entering the home. As will be discussed later, a method was discovered whereby, with the use of pictures of the toxic areas, only one Energem was necessary to neutralize the toxins from the electrical system, geopathic and atmospathic stresses, as well as other toxins.

My friend was still low in energy, and feeling as though she was reacting to a chemical. I did some testing using pictures and a floor plan of her home, and isolated the source to one area of the basement. She then told me that was the location of her oil furnace. She knew

there was a problem with the furnace when she moved in, so purchased a new one. It was the new one to which she was reacting. I suggested she place an Energem outside on top of the oil fuel tank fill pipe. Within an hour, she felt substantially better, and in a short time the symptoms left. Now, with the new system of using pictures (such as pictures of the exterior of the house and of the oil tank placed within the electrical system with an Energem), a second Energem would not be necessary for the geopathic stress, nor would a third Energem be necessary for the oil tank.

It seems that the most dramatic changes are from people who have been sick and living in the same home for a long period of time. For example, a woman who had spent most of her life in the same home had very significant and rapid changes with the use of an Energem. I suspected that geopathic stress was the primary source of the problem, although this woman reacts very strongly to telephones. She did know that there were underground streams that crossed under her house, a source of geopathic stress.

I heard from her many times during the first six months of her use of the E&T Energem. The first sentence in her written testimonial was, "The difference in my life is phenomenal...the wellness that was achieved was so natural." She had been very ill for ten years and unable to function well physically, mentally, or emotionally. Physically she was to the point of not being able to complete normal, everyday, personal and household chores. Mentally and emotionally, she was in a heavy depression and brain fog.

On the first day of use of the Energem, within a couple of hours she noticed that she was humming and then singing — something she hadn't done for many years. Next she felt some energy, although her brain was still in a fog. "The second day I noticed that I was definitely getting things done and some of the brain fog was lifting. There was some tiredness, perhaps as I was getting used to a new and unfamiliar activity level. Where my plans and projects could never materialize before, suddenly things were taking shape in a sustained way."

She wrote me that days later after waking up in the morning, “I found myself instantly in a crippling state.” She was devastated that the Energem appeared to no longer be working for her. However, soon she realized that her telephone service had been reconnected. Because of her extreme sensitivity, she had it disconnected just after ordering the Energem, but her daughter convinced her to get it reconnected. The phone was reconnected earlier than she had expected and before she had protected the phone line with the Energem. She continued, “I could no longer reason that I had just been well or to figure out what had happened and more importantly why.” She said that two hours after protecting the telephone line with the Energem, “I was starting to recover as the anesthesia of the brain and body started to lift.” After one month with the Energems, according to her, “I enjoyed a new uninterrupted potential. I was doing things that I was only able to even think vaguely about doing before.” On other occasions when either phones were moved or while staying in a motel where the telephones were not protected, she reacted very strongly. She realized what had happened and added the phone line with the Energem. She told me that, as usual, within a couple of hours, she began to sing, and commented, “That was always the first sign of the ‘bad’ lifting. I had gotten an incredible number of projects done happily.”

From our conversations I found out that she had been exposed to large levels of radiation, partly from previous employment. She knows that she still has a lot of cleansing and healing to complete, but now is capable of having a more normal and enjoyable life while going through that process. After using an Energem for over two years, she called to order another one. She remarked that she had recovered her health enough to be able to clean up and sell her 40-acre home site. She moved out of state and was now working, taking care of a loved one. She said about the use of her Energem: “It has been a reclamation of my life, health and happiness.”

Another woman immediately felt the energy change in her home from the use of the Energem. It felt much calmer and more peaceful.

Now when family members were angry or frustrated, they moved through the emotion much faster. They felt the change before they even knew about the Energem.

A TBM (Total Body Modification) practitioner (see glossary) began using an Energem because his bedroom tested positive for geopathic stress — even while using other products. He believes that the geopathic stress was one of the factors related to his heart attack about 15 years ago. He had found “an over-energizing stress line intersecting my body where I slept.” He had been searching for a way to eliminate the geopathic stress in his home. Since putting the Energem in place, he sleeps more restfully. When he travels, he sleeps better in the hotel rooms. In restaurants he uses the Food+ Energem to cancel the effects of microwaving and to improve the quality of the wine at the table (a use I hadn’t planned). At the dentist, he puts an Energem on the X-ray machine, as well as on the drill equipment, to protect him. I don’t even do that. I have one placed on the X-ray machine, but never thought about the drill. He has the dentist place materials on the Food+ coaster before mixing and placing them in his mouth.

I have done that also, but have had to produce a more powerful coaster than the Food+ to neutralize some of the dental materials. It encompasses energies that are more powerful than I would put into the Food+, but is very useful for more toxic substances. It is not normally available, but can be made available for specific purposes only.

The TBM practitioner also places the Food+ directly on his patients to improve the acupuncture meridian energy such as through a problematic tooth. He recommends them to all patients who test positive for geopathic stress. He tested the water from one patient who makes distilled water for personal use, and commented, “The water tested energetically ‘dead’ before the Energem. Afterwards, it was as energized as good-quality spring water.” He has also found it to be part of the solution for his chronic fatigue patients and recommends a Personal Protector Energem “for those with heavy usage of computers

and for those with exposure to much emotional negativity or those who are too empathic.”

One of his patients contacted me after she started using an Energem in her home. Her husband was temporarily working in a nuclear power plant, and she and her son were reacting to the radiation that he was picking up from the plant. The Energem changed that.

A retired farmer contacted me to let me know of his dramatic improvement. At 67 years old, he was still living in the home in which he was born. He had never felt as good or as energetic as he knew other people felt and had never found anything to be very useful to correct that. The first two weeks of using the Energem were difficult for him. He was tempted to throw it out, but as soon as he added the pictures of his home (which would clear any geopathic stress), he felt a huge relief — like a heavy weight being lifted from his shoulders. He felt energetic for the first time in his life and didn’t quite know what he wanted to do as a result. This call was just weeks after he began to use the Energem. He called a few months later to let me know that he was still improving.

Having used an Energem in her home and wearing one, a woman in Switzerland e-mailed me a list of her improvements. From wearing the Energem pendant, her mood was better and more stable. She experienced a greater self-confidence/esteem and love in her life. She felt happier, lighter, more energized, balanced and powerful. The *fears that* she had felt before relating to existence and everyday life had almost disappeared. Her sleep was more serene. Wearing the Personal Energem changed her perceptions of people and situations in a very positive manner. More detachment was taking place in her life, allowing her to have a clearer vision of who she is and what decisions to make. Her health had improved surprisingly. With the E&T Energem in her home, she experienced the following changes. In her words:

“When watching TV, I don’t feel this oppressive sensation on my forehead anymore; my ideas are clearer and my eyes are not tired as they used to be. When using my computer, I’m

more focused and comfortable than before. The atmosphere in my home is joyous and peaceful; the vibrations have changed to more subtle ones. I can concentrate better and my creativity is enhanced. Moreover, I experienced all these changes very soon: already some days after I purchased them. My personal comments are that the Energems are powerful tools for evolution and that they work in a very effective way to make a Big difference in one's life!"

A couple in New Zealand who live on a small farm (with electric fences) began using an Energem in their home. They had problems sleeping in their bedroom, and she had trouble concentrating. With the placement of the Energem, they were able to sleep well and her concentration was much better. Within a short period of time she was also able to go back to playing tennis. Friends who knew nothing about the Energem commented on how peaceful her home was.

A woman on the East Coast told me how much better her sons got along when they were home visiting — and they knew nothing about the Energem.

The positive responses that I have received so far have already made all of this work worthwhile. The Energems are making life-changing improvements — even beyond my expectations. This is why I am doing this work.

Summary

I am finding new toxins appearing on a regular basis. I will continue my research to ensure the continual effectiveness of the Energems. One of the benefits of using gems as a carrier of the transmuting frequencies is that they are capable of being upgraded, as needed.

I believe that my husband's death and my illness might have been prevented with the use of only one E&T Energem.

Chapter III-2

Geopathic Stress



Geopathic stress is a pathogenic energy, localized in certain areas of the earth that release radiation and other potentially harmful energies, and is caused by faults, fissures, underground streams, energy grid lines, minerals, coal, or metallic ores. The term “geopathic,” i.e., the illness-producing influence of the earth, was introduced by Professor Walther, M.D.⁸ Geopathic stress has been further defined as “a geomagnetic disturbance which is geographically localized and which disrupts the homeostatic mechanisms of the sensitive patient.”⁹ More simply, it is also referred to as an “allergy to the earth.” Blanche Merz calls this science “geobiology,” which she defines as “the study of the earth’s influence, at a precise point, on the behavior and health of humans and animals as well as the health of plants.”¹⁰

According to the Swiss hydrologist, Dr. Josef A. Kopp, “Physical forces which emanate from subterranean water streams were already known to the Chinese some 4000 years ago. The adverse health reactions of this caused them to avoid soil irritation zones when they constructed homes.”¹¹

More recent evidence of the recognition of geopathic stress comes from Germany. An early study in Stuttgart correlated the location of geological faults to a high incidence of cancer. That study inspired Baron Gustav Freiherr von Pohl in 1929 to conduct his own research, which linked geopathic stress to cancer as well as other diseases.¹² Because of the high incidence of cancer in the German town of Vilsbiburg, von Pohl mapped out the underground water streams and confirmed that all of the beds of the 54 recent cancer fatalities had been located above these streams. He further discovered that unusually high levels of natural electric currents occurred where underground water fissures crossed at different levels.¹³

Von Pohl constructed a screening station in his home to try to eliminate the unhealthy energies from an entire village. This appeared to improve the health of the people within a 1500-meter radius. In his book, he referred to this village as “D,” which some believe refers to the Nazi concentration camp of Dachau. This acted as a caution to many researchers in their attempts to modify these toxic energies.¹⁴ This should caution us as well to understand not only what we are changing in our own home, but also if we are diverting or modifying the effects onto our neighbors.

In the twenties and thirties, the world renowned German surgeon, Sauerbruch, advised cancer patients to move their beds in order to reduce their exposure to geopathic stress.

Dr. Hans Nieper, the late German physician and scientist, stated in his book, *Dr. Nieper's Revolution in Technology, Medicine, and Society*,¹⁵ that geopathic stress plays a decisive role in the development of cancer cells and tumors. He also recommends that cancer patients, as well as MS patients, live in an area free from geopathic stress. As stated previously, Dr. Nieper found that at least 92% of all of his cancer patients had been exposed to geopathic stress for a long period of time. I learned while meeting with one of his American cancer patients that he told her to find a new home in which to move. He suggested she find a dowser to help her find a healthy home.

An article appeared in the June 17, 1983, issue of *Science* magazine entitled *Pulsing Electromagnetic Fields Induce Cellular Transcription*. Nieper's interpretation of that article for the layman was that weak electromagnetic pulses in the range of 5-25 Hertz can produce cancer cells and that it is this same extremely low frequency (ELF) range that is active in geopathic areas. This is also the range (1-20 Hertz) that HAARP would beam for its underground use. This range correlates with human brain waves and could cause behavior modifications.

More recently, the German government has funded a project to investigate the possibility that cancer can be caused by living in geopathic areas.

Research Relating Geomagnetism to Illness

Victor E. Archer, M.D., while employed by the U.S. Department of Health, Education and Welfare (HEW), Public Health Service, independently presented a paper entitled "Geomagnetism, Cancer, Weather and Cosmic Radiation."¹⁶ This paper was presented at the Health Physics Tenth Mid-year Tropical Symposium — Natural Radioactivity in Man's Environment — held in New York in October 1976. His paper discussed how isometric cancer death rates and depth contours of the last ice age glacier in North America corresponded to the isometric horizontal geomagnetic lines of the earth. (An isometric projection takes a three-dimensional representation and plots it in two dimensions, such as taking points plotted on the earth's sphere and then plotting them on a two-dimensional map.) Dr. Archer saw this relationship as demonstrating the **significant effect natural radiation has on cancer death rates**. He also discussed the existence of these associations on a worldwide basis.

Archer illustrated the number of deaths from certain types of cancer throughout the U.S. The locations in the U.S. of these death rates correspond to the level of the earth's magnetic field — depicted

as isometric lines for horizontal geomagnetic flux (HGF) levels — flow lines of electromagnetism paralleling the equator.

A picture of glacier depth contours reminded Archer of the similar isometric maps which show mortality rates. This glacier depth contours map illustrated the significantly increased depth of the ice and snow in Canada and the northern U.S. versus the remainder of the U.S. Isometric lines for the earth's magnetic fields show low HGF levels in Canada, but substantially increasing the further south throughout the U.S.

J. P. Wesley had found a relationship between geomagnetic latitude and neonatal deaths due to congenital anomalies.¹⁷ Wesley had noted that these HGF fields directed the path of incoming, charged cosmic nuclear particles so that they became concentrated in the areas of low HGF (northern North America). He postulated that this distribution influenced congenital anomalies. Archer believed that this would have a similar effect on cancer distribution since both usually reflect genetic damage.

Dr. Archer found kidney cancer showed the best conformance. Estimates of background radiation — low-level radiation coming from the earth, atmosphere, and space — were based on the latitude and altitude variations of all cosmic ray components, plus radon and terrestrial contributions. “Geopathic” radiation was never mentioned, so it is not known if this was considered a part of the known terrestrial component.

The isometric lines for the kidney cancer death rates also correlated with the isometric geomagnetic HGF lines, showing higher kidney cancer death rates generally in the upper U.S., decreasing further south.

This was Don's primary cancer. Don was born in Maine, which falls close to the highest isometric line for the horizontal geomagnetic flux (HGF) lines shown in the U.S. His parents were born and raised in Maine. Don lived in Maine until he graduated from college. Archer's research did factor out higher increased areas of population growth in order to not distort the figures. Don's family all died of cancer — his

mother while still in her thirties. Was their northern location part of what I believe was a cancer miasm — generally an inherited predisposition towards cancer? Was this miasm (for which he did test positive prior to his diagnosis) later triggered by other circumstances, such as our radiation-toxic house and/or an unconscious fear of cancer because of his genetics?

Many sites/types of cancer “conform” to the pattern of the isometric HGF lines and, according to Archer, “exhibit strong associations with horizontal geomagnetic contours.” Archer further suggests that “cosmic radiation is either involved in a rather large fraction of the cancer occurring at these sites or that other factors such as many types of environmental toxins are so evenly distributed among the population that they do not disturb the general interpretation of the statistics.”

Many sites/types of cancer did not conform to the HGF contours. These “nonconforming” sites were suspected to have resulted from other environmental or occupational pollutants. One example given is respiratory cancer, more recently largely attributed to the use of tobacco or other sources of pollution.

Since background radiation has such a profound effect on cancer rates, Archer addressed the effect of altitude on these rates, as there is a known increase of cosmic radiation and a thinner air blanket with higher altitude.¹⁸ Comparisons were made between high altitude and similar HGF levels. Increased cancer rates were found for both conforming and some nonconforming sites.

Colorado was used as the high-altitude state versus ten low-altitude states. As a current resident of Colorado, living above 8,000 feet, this thinner air blanket is very evident to me. The strength of the sun while skiing at 10,000–12,000 feet is evident both from the comfort of the radiated warmth and the burning of my exposed skin, even at below-freezing temperatures.

It has been reported that golf balls fly further at this altitude with its thinner air, but I have not yet experienced this phenomenon!

Dr. Archer, while employed at the National Institute for Occupational Safety and Health, Center for Disease Control division of HEW, also published the results of a study which correlated higher mortality rates from anencephalus, where part of the brain of the fetus is underdeveloped, in areas of low horizontal geomagnetic flux (HGF).¹⁹ This study was conducted in Canadian cities from 1950-1969. In Canada during this time period, the common practice of prenatal X-rays could also have influenced the high rate of anencephalus. A Canadian government report indicated that in Canada, “both longitude and latitude bear a strong relationship to HGF.”²⁰ J. P. Wesley, mentioned earlier, reported “a strong correlation between horizontal geomagnetic flux and neonatal deaths due to congenital anomalies.”²¹

Archer’s report also suggests that low magnesium levels in the tap water of some Canadian cities may have contributed to, but did not cause, the higher rates of anencephalus in areas of low HGF.

His article further stated that epidemiologic observations, some of which were considered to be controversial, “suggest that small amounts of radiation may have effects on man: Cancer of a number of sites is associated with horizontal geomagnetic flux on a worldwide basis;^{22 23} genetic damage has been reported from diagnostic radiation;²⁴ an increased incidence of Down’s syndrome was found to be associated with residence in an area of high background radiation in India;²⁵ a higher cancer rate was found to be associated with areas having higher background radiation in Yugoslavia;²⁶ increased chromosome aberrations in human lymphocytes have been reported from exposure to very small amounts of alpha radiation from plutonium and radon daughters;^{27 28} increased lung cancer rates have been noted among miners whose radon daughter (see glossary) exposure is little above background rates;^{29 30 31} excess cancer has been noted among mildly-exposed radiation workers³² and after exposure to diagnostic radiation;³³ ovarian doses of less than one rad are associated with

Down's syndrome;³⁴ and increased rates of congenital malformations were found in areas containing materials with higher than average radioactivity.”³⁵

This research was conducted prior to our more recent substantial increase in exposure to radiations, such as from cell phones, with the prevalent microwave towers, and the substantial increase in the use of satellite systems.

Since radiation has such a significant effect on cancer deaths and birth anomalies, wouldn't it be likely that the radiation would also have a significant effect on many other illnesses and diseases? I believe my previous neurological symptoms support this.

Reversed Blood Polarity from Geopathic Stress

As previously referenced, according to Dr. Richard Gerber, the blood of normal individuals has a clockwise rotation. Individuals living in areas with geopathic stress have a counterclockwise spin to their blood. **When the individual moves from the geopathic zone, the blood spin will return to clockwise.** Gerber also states that ill people with this reversed polarity are usually resistant to subtle energetic or vibrational medicine, and that a majority of cancer patients have this reversed blood polarity.³⁶

Types and Sources of Geopathic Stress

As previously stated, the Autonomous Reflex Test (ART) system which uses the Vega Geopathic Status Sample vials, tests for Global Grid (GG), Curry Grid (CG), and Double Grid (DG) lines, which are believed to be electromagnetic in nature. The Vega “Radioactive Energetic

Interference” test vial (Radium Bromide 1000X potency) can be used to test for an energetic radiation-type interference from any source, which would include the atmospathic interferences.

Vials are available to test sources of geopathic stress to determine if it is a yin-discharging force field, or a yang-charging force field. Vials can also be used for testing electromagnetic disturbances, such as from electrical appliances.

Many have used the terms “grid lines” and “ley lines” interchangeably. Global Grid lines are believed to be electromagnetic lines of force — existing all over the globe — that relate to the earth’s natural subtle energy pathways (similar to a human’s acupuncture meridian pathways), and are a source of geopathic stress. Ley lines are generally considered to be man-made.

LEY LINES, OVERGROUNDS AND POWER POINTS

According to Paul Devereux, the word “ley” means “an alignment of ancient, usually sacred, sites” to be found in ancient ceremonial landscapes such as Stonehenge.³⁷

Tom Graves, a researcher in energy ley lines, found energy flowing through the ley system. Graves “suggested that the ley line system was set up to help balance the earth’s natural energy system, which in the raw can cause effects disturbing to man.” Our ancestors used and manipulated these natural earth energies to make the ley system.³⁸

According to Cowan and Arnold, leys “are circuits of energy which have a source and a distant target.” These “leys were formed from standing stones situated on hot spots directly above at least two veins of water crossing underground at different depths.”³⁹

In the United Kingdom, Cowan and Girdlestone found that patterns of stones had been placed above areas that emit potentially toxic earth energies to the surface. The quartz in these stones was believed to be responsible for transmuting the toxic earth energies. As a result of these stone patterns, “streams of energy flow across the country, now

above ground in a series of individual waves in an artificially controlled manner,” These energy leys are called overgrounds. Cowan and Girdlestone state that “These constructions powerfully and intelligently focus, magnify and manipulate natural earth energies in a way and for a purpose we do not yet understand. Ancient towns and cities have been laid out on geometric principles, still discernible to the present day in the way churches were placed on ancient and sacred sites.”⁴⁰

If these overgrounds or underground streams travel through any toxic area, they may pick up and transmit these more recent toxic energies, such as from cemeteries, landfills, chemical waste sites, nuclear waste sites, communications systems, power plants and railroad tracks.⁴¹

This research was conducted in the UK (and by other researchers in Europe) where these ancient stone patterns were formed. I have not found information on these same types of ley lines in the US. Cowan & Girdlestone state that none have been found in China.⁴²

Merz defines power points as “locations or sites endowed with an energy, a force, a strength,” and states that they are influenced both by “the site and the context of the structure.”⁴³

According to Merz, the power points in such structures as monasteries, temples, cathedrals and churches are usually located on these ancient, sacred sites that Devereux states are aligned by ley lines. Merz states that builders of these structures became aware of the effects of underground water between the 11th and 14th centuries.

At power points in structures used for religious purposes, Merz found that the Hartmann Grid was pushed back towards the edges of the structure, so that at least the open interior spaces are free of the grid energy.⁴⁴

High rates of energy were found in structures that had been used for spiritual and not military uses, as if the elimination of Hartmann Grid allowed the higher spiritual energies to build up so they could more easily be sustained. An exception to this was that the choir section was generally placed over the crossing of streams. Merz stated: “The

effect of underground water translates itself into a subtle brake on the physical body, which favours prayer and internal activity.”⁴⁵ Since underground streams are toxic, especially where they cross, it could be that the high vibrations from the choir, especially since they originate from a high-frequency location, transmutes the toxic energies of the streams and raises the vibration of the water so that their flow radiates healthy, not unhealthy energies, at least for a period of time.

GRID LINES

The first Global Grid lines — the Hartmann Grid — was named after Dr. Ernst Hartmann, a German medical doctor, who first described them soon after World War II. The grid lines form a rectangular pattern and run north-south and east-west, similar to lines of longitude and latitude. There is much discrepancy reported about the thickness of the grid lines and their spacing. Part of the discrepancy may be explained because of measurements taken in different parts of the world. These estimates range from almost one to nine inches thick, but can increase with either a full moon or changing weather patterns. The grids themselves range from approximately three and one-half feet to over thirteen feet apart. In Switzerland they have been reported to be over 100 feet apart.

Merz stated that underground water amplifies the Hartmann Grid and that “cells located on a geopathogenic point become tired or contrarily, defend themselves by multiplying.”⁴⁶

Dr. Hartmann found that sleeping over the Hartmann Double Grid reduced hydrochloric acid levels.⁴⁷ Potentially this would inhibit the ability to digest food. Dr. William Donald Kelly, in his observations with cancer patients, believed that cancer was an inability to digest protein.⁴⁸ It could be that geopathic stress initiates the cancer process in this way.

The second Global Grid, or Curry Grid lines, were named after Manfred Curry, MD. They run diagonally to the HG lines. These grid

lines are reported to be about 30 inches wide and do not change size. These grids are larger in size — with estimates of their range being from 11 feet to over 140 feet apart. The grids are closer together near the polar regions and wider as they extend towards the equator.

My testing indicates something much different for the Curry Grid, which is described later. Both grids alternate positive and negative lines. The point where the lines cross for a similar-type grid is detrimental to one's health, and where two similar charges cross is even more detrimental. Where the Curry and Hartmann Grids cross is considered to be the most detrimental. These crossings are referred to as "Double Grid." The space between the grid lines is neutral space, at least as related to the grid energy; but the energy in that space can be influenced by other earth energies — either positively or negatively.

According to Julian Kenyon, M.D., "It has been suggested that the Hartmann and Curry Grids are earthing (grounding) grids for cosmic rays. It is probable that these grids only become harmful when they are contaminated by earth radiation crossing them."⁴⁹ He also states that: "These rays caused cancer after the atomic bombs were dropped on Japan in 1945."⁵⁰ Other opinions suggest that these earth rays are secondary radiations caused by the cosmic rays reaching the underground water, or that the earth rays are emanations from the core of the earth that become concentrated by the underground water to eventually be released through the earth.

Scott-Morley theorizes that "a vertical field going from the ground up to the sky"⁵¹ may be the cause of geopathic stress. According to Merz, Hartmann Grid appears as a structure of radiations rising vertically from the ground like invisible, radioactive walls...." The dimensions of this grid "are closely akin to the mathematical roots of the pyramid of Khufu (or Cheops) — an unexpected link."⁵² All of these underground forces radiate up through the ground, penetrate into homes, and are just as powerful at the top of high-rise buildings.

Geopathic Stress and Our Health

According to Cowan and Girdlestone, the earth energies radiate up to the surface in the form of spirals. In the northern hemisphere, “underground streams of water produce a series of overlapping spirals.” The counterclockwise spiral produces a healthy energy, while the clockwise produces an unhealthy spiral. A double spiral formed by a clockwise superimposed on a counterclockwise spiral produces “an unhealthy noxious vortex.”⁵³

Kenyon also states: “Geopathic stress seems to have its main effects on the functions of the immune system and, therefore, cancer and immuno-depressed states (such as post-viral syndrome) are commonly associated with geopathic stress.”⁵⁴ As Nieper found geopathic stress in over 92% of cancer patients, Cowan always found unhealthy earth energies in the homes of people with chronic fatigue syndrome. More recently, he has seen multiple sclerosis and necrotizing fascitis (flesh-eating disease) in the people whose homes he has tested.

According to Scott-Morley, the discharging forces reduce energy in the body and thereby predispose individuals to hypo states of health, such as degenerative diseases, fatigue, cancer, arthritis, and neurological disorders.⁵⁵ These individuals can appear to be depressed, exhausted, frail, complain of being cold, have allergies, and are susceptible to colds.

These discharging, left-spin yin forces indicate an energetic disturbance from underground streams, openings in the earth from mines or caves, or grids. According to Merz, the yin rays of the Hartmann Grid run north to south and produce a cold energy which acts slowly, corresponds to winter, cramps, humidity and rheumatism.⁵⁶ The width of these harmful rays from the streams varies from six inches up to four feet. Fast-flowing water is considered detrimental to health, and where two streams cross, as with the grids, there is a stronger disturbance. Surface water does not emit these toxic radiations.

Based on these statements, I have a concern about the possibility that all well water, which of course is from underground sources, is contaminated from geopathic stress. The well water in my home in Virginia did have geopathic stress in it, at least by the time it came out of the faucet. However, it's impossible to know exactly where the water picked up the geopathic stress.

Of course, an **electric** pump is used to pump water from under the ground into the house. In this process, the well water could very well pick up the electromagnetic stress as well as the electrically transmitted and atmospathic toxins.

The charging, right-spin yang forces indicate geological factors such as fault lines and mineral deposits, like granite, uranium, oil, salt and coal, in addition to grids. According to Merz, the yang rays of the Hartmann Grid run east to west, and produce inflammation. It is described as a “dry, hot energy which acts rapidly.”⁵⁷ Scott-Morley states, “The characteristics associated with the presence of oil deposits are changes in the degree of ionization; greater infrared emission, AC and DC current changes; low frequency atmospheric pulsations (lightning will tend to hit these zones). Very often there is also an associated low level radiation emission.”⁵⁸ I tested and have found radiation present in marble and charcoal. The charcoal tested was in water filters from several different companies. More recently, I needed to use a calcium powder made from marble in my whole house water system. I have used an Energem (X, E&T or Food+) to neutralize the toxins in both the marble and charcoal products.

Also Scott-Morley writes that these charging forces cause an excess of energy in the body and thereby predispose individuals to hyper states of health, such as strokes, migraines, and heart conditions.

These individuals can appear to be aggressive, energetic, restless, even hyperactive, complain of being hot with excess sweating spells, and exhibit a flushed face.

It has been observed that the yang force field can temporarily help balance out a yin force field in one's body, but it's always best to eliminate both.

Helmut W. Schimmel, M.D., D.M.D., the originator of the ART/Vega system and Victor Penzer, M.D., D.M.D., D.Sc. (h.c.) state that the yin-discharging forces make up about 80% of the geopathic stress they have found.⁵⁹

While Merz wrote only about Hartmann Grid, Kathe Bachler wrote only about Curry Grid. Bachler, after examining 3,000 homes, stated in *Earth Radiation* that she found the presence of underground water produced sensitivity to cold, as well as tiredness, with a possibility of rheumatism. With exposure to Curry Grid, she found nervousness, mild insomnia, spasms and even convulsions. The more of the many combinations of geopathic stress present, the more severe was the condition.⁶⁰

But, contrary to others, Bachler wrote that Dr. M. Curry “found that positive or charging intersections enhanced cell enlargement and cell proliferation, even to the point of cancerous growth. On the other hand, negatively charged intersections enhanced inflammations.”⁶¹

Dr. Josef A. Kopp claims that above the subterranean springs and groundwater currents, several abnormal physical conditions will be found, like an increase of the electrical conductivity of the earth, increased ionization of the air, and increased infrared rays.”⁶² Merz stated that cracks appearing in concrete above streams are a result of microseismic activity.⁶³

After reading these references to increased infrared (IR) rays in geopathic areas, I did some further testing. I introduced an IR frequency into the testing circuit with several of my research clients who had previously been cleared of all geopathic stress. With this IR frequency in the testing circuit, Double Grid, and Curry Grid showed to be present, as well as the entire geopathic test kit, and indications were to not treat the individuals for the problem (the source of the toxin still being

present). This was a sign that IR frequencies may be part of the geopathic make-up.

I had been doing research testing on an individual for a short period of time and could not understand why some of the energetic work didn't appear to be working as well as expected or why I kept seeing geopathic stress. I knew she had been using an Energem in her home and also wearing one for almost two years. I soon discovered that she was taking IR saunas two to three times per week. We then agreed to do further testing to see more clearly her reactions to the IR saunas.

I did testing on this individual before and after her saunas — first without use of an Energem and later with the Energem placed on the sauna's electrical cord.

What I found in her was consistent with what I found with clients after introducing the IR frequency into the testing circuit:

- All chakras were weak in the front and in the back.
- All nutrient points were weak, similar to microwave oven and distilled water frequencies. (Microwave rays are close in wavelength to IR rays.)
- All forms of geopathic (that I can test for) and electromagnetic stress were present.
- All hormones were imbalanced.
- If the toxins had been released out the crown chakra prior to the use/introduction of the IR frequencies, this changed direction, and any toxins that were being eliminated, went out the left leg.
- Spine and reptilian brain were weak.
- Painful emotions tested in the front, with many very negative emotions – and not all her own – testing in the back.
- The planes of consciousness were weak.

- The core in the front tested to be the base chakra (earth and survival).
- The core in the back tested to be the throat chakra (reptilian brain).
- A weakness was found under the feet, which more easily allowed toxins to enter the body.

This weakness under the feet and the weak reptilian brain were my clues to figuring out what was happening as well as finding solutions. Like some other old therapies, the IR frequency appears to pull some people backwards in their evolution, at least for cleansing. The IR frequency caused the feet to be weak and all the signs and symptoms of that weakness is what I found in the testing.

In my testing I have found that some people do well with the IR frequencies and some do well with the ultraviolet (UV) frequencies. When there is a weakness under the feet (usually meaning going backwards, not forward, evolution-wise) IR frequencies test as beneficial. When the feet test strong, UV frequencies test as beneficial. I did amazingly well with my UV blood treatments. It is important for the individual to determine where they are at any particular moment and which frequencies suit them the best. Some even fluctuate back and forth for a period of time. When I mentioned this to Rose, she commented that the IR frequency is the frequency of the earth and is a very old and primitive vibration — dating back to the dinosaur age, and that UV is the upcoming frequency. She stated that the IR frequency has a connection to the base chakra, which relates to the earth and survival. In my testing, I have also found the reptilian brain similarly connected to the earth and base chakra. Rose stated that the IR frequency is very strong and is more of an animal energy than a human energy. High IR levels appear to be too overpowering for many humans, but we may take on a more tolerated IR vibration when eating meat. If we crave meat, that may be an indication that the IR frequency might be beneficial for us at that particular time.

Could it be that IR energy is a source of geopathic stress — that IR energy is being picked up by the water and minerals in the earth, and then is being attracted into our homes via metal and electrical systems — and that even *we* may be attracting it? Water attracts and holds energies, and the underground water would then transport those energies. Or our own emotional states may be attracting these energies, as discussed in the section on GEEL miasms.

When the individual I was testing placed an Energem on the IR sauna's electrical cord, all negative reactions stopped, and then the body automatically released the toxins out the crown chakra.

According to Wolfgang Stark, M.D. (Salzburg), “Many aspects of human metabolism depend on bioelectric processes. Electrophysiological studies show that the assimilation of nutrients from the intestines into the lymph and bloodstream depend upon a polarisation of electrical charges. On the one side of the cell membrane are plus charges (+); on the other side are negative charges (-). Nutrients are transported from the intestines into the lymph and bloodstream when plus charges are allowed to re-enter the cell. This polarity will be disturbed in living cells by zones of disturbance.”⁶⁴

Bachler further states: “People unable to avoid these disturbance zones, and who are therefore exposed to their damaging influence all the time, will experience a marked decrease in their resistance to infection. The first symptoms tend to be some form of insomnia, tiredness and a ‘run down’ feeling in the morning, and eventually the emergence of real illness. ... The person who has lived above such disturbance zones over a long period of time will use so much energy to combat their influences that not much resistance is left to combat the illnesses which confront them at all times. At the same time, we can strengthen our resistance which comes from the cosmos by living a healthful life and by eliminating damaging and harmful influences from our environment.”⁶⁵ This reminded me of what happened to Don. After his ski accident, he was in bed in the most toxic area of our

home, and was using all of his energies to combat the geopathic and other atmospathic stresses, as well as to heal his broken bones. Obviously, this didn't leave enough energy to combat the cancer.

Scott-Morley makes reference to Ludger Mersmann, M.D., a biophysics researcher and inventor, who stated, "The physiological effects of geopathic stress include: changes in the electrical polarity of the cell membrane, leading to impeded or faulty ionization across the cell wall; alteration of the spin oscillation and proton resonance of protein molecules; faulty hydrogen bonding; disturbances of the mesenchyme base regulation; disturbances of hormone balance; shifting of pH values, the promotion of vegetative disturbances."⁶⁶

According to Hermann Franke, D.T.V.:

"We find under 'earth rays:' 'radiation which emanates from the earth because of the presence of radioactive substances.' We have conducted measurements with special instruments and could show that 'thermal neutron rays' also emanate from the locations of disturbance. Thermal neutron rays were also the cause of cancer after the atomic bombs were dropped on Japan. We know from American measurements which were taken in the area around Neuss and Xanten that *every historical movement of the earth* (Roman camps, building, graves and buried weapons) can be measured from the surface of the earth with a proton resonance magnometer. Likewise, every subterranean water current, even if it is only of molecular scale (1 metre in 24 hours) can be measured and has a biological effect."⁶⁷

Bachler states:

"...Although the influence of the subterranean water currents has been known for a long time, **it seems the global grid has only recently begun to exercise harmful effects on people.** This fact may be connected with the general weakening of our health due to our modern lifestyle."⁶⁸

I believe this fact may also be connected to the electrification of our homes and the substantial increase in atmospheric disturbances.

Gerber states that as metals can conduct subtle energies, so can man-made metallic building structures conduct these energies, thus changing the pattern of energetic flow.⁶⁹ Gary Skillen, an earth grid engineer and dowser, over six years ago discovered substantial amounts of electricity now traveling over the grid lines. He believes our electrical grounding system is sending electricity into the soil, where it is being picked up and amplified by the grid system.⁷⁰

Professor Denis Henshaw of Bristol University suggested that “the decay products of radon gas can be attracted to electromagnetic fields and may prove to be the link between power sources and some childhood and adult cancers.”⁷¹ If electromagnetic fields can attract these radon by-products, it seems reasonable that the electromagnetic fields in electrical systems could attract the geopathic stress as it enters our homes.

As reported in *Safe as Houses?*, Dr. Stuart of the British Geological Survey in Edinburgh indicates that “changes in natural magnetic fields can induce currents in telephone lines and power distribution cables.” In fact, Cowan and Girdlestone further report that telephone lines are used to detect changes in the earth’s natural electric currents flowing just below the ground and this may be the source of toxicity for sensitive people.⁷² Some of the most sensitive people have stated to me that they are much more sensitive to the energies from telephones than any other source.

Drs. Schimmel and Penzer state that many researchers have tried to measure geopathic zones with a variety of instruments, but none of these instruments were reliable. They also state that “geopathic stress can cause diseases or can prevent the healing of existing ailments.”⁷³ Of course, Energems can now be used to eliminate these problems.

In *Earth Radiation*, Bachler states:

“I have observed many people react to the presence of the curry net with increased nervousness. The net seems to affect the vegetative nervous system.

“By themselves, the lines or bands have little negative effect. Only above the curry crossings or at positions where the net meets with subterranean water currents do we find that people suffer from trembling, spasms, at times even fainting. I have observed and recorded several such cases, and all of them were related to these zones of disturbance. Some people have the sensation of electricity when above curry crossing. One particularly sensitive eleven year old boy said, ‘I feel as though lightning were hitting me.’ Dr. Curry and later on Dr. Petschke did many measurements of blood sedimentation rates and found the results differed depending on whether the experiment was conducted on neutral ground or above a zone of disturbance.”⁷⁴

These neurological symptoms are exactly what I experienced in my home. Even Warner, my godson, fainted several times. Luckily, I was there to break his fall, with the exception of one time when he caught himself on the stair railing at the top of the stairs.

Dr. Dieter Aschoff, M.D. has stated, “Despite decades of painstaking oncological research, science has not yet been able to find a cause for cancer, with the exception of cancer through ionising radiation, such as X-rays, radium emissions, or other kinds of cancer caused by rays. Yet the cases of cancer which can be attributed to those causes are actually very small, and science is still confronted with the unsolved cause of cancer. But earth rays are ionising rays also, and they have to be recognised in scientific circles as causes of cancer.”⁷⁵

Kathe Bachler lists a number of German studies stating that not every geopathic area results in cancer, but that **geopathic stress was found in every case of cancer**. She provides illustrations of geopathic stress she found in her client's sleeping areas, along with their symptoms and diseases. She also provides statistics on 1500 of her cases that she has classified by disease:

***10. Ten Indications of the Presence of Pathogenic Zones of Disturbance in the Bedroom.**

(Of course, these indicators do not exclude the possible presence of yet other factors.)

1. Aversion to the bed and against going to bed.
2. Not being able to go to sleep for hours.
3. Restless sleep, crumpled up sheet, nightmares, crying out.
4. Avoiding certain spots in the bed, 'falling out of bed,' rocking and head banging.
5. Leaving the bed; 'sleepwalking.'
6. Being cold in bed, shivering, grinding and chattering of teeth; also night sweat.
7. Fatigue and apathy in the morning, often lasting all through the day.
8. Lack of appetite, even vomiting in the morning.
9. Despondency, nervousness, depression, 'just not feeling well,' crying after waking in the morning.
10. Cramps, increased heart rate (in bed).

One of these symptoms is enough of an indication; however, there are usually several such symptoms present at one time.^{"76}

I had five of these symptoms, although not all at the same time. Mine started with problems getting to sleep and fatigue in the mornings. Then for several years, for reasons unknown to me, I had a very sensitive gag reflex and most every morning would wake up sick. I would vomit bile as soon as I got up. Afterwards I felt fine for the rest of the day. On the days when I did not vomit, I usually felt sick all day. In my ART testing, I found that the gallbladder was the key organ (according to Dr. Schimmel, it is quite often the head of the causal chain). The energy then went from my gallbladder to my stomach and to my sinus areas. I had an upset stomach from the bile, facial pain from the sinus inflammation, and one-sided headaches. The one-sided headaches were a result of blocked energy in the gallbladder acupuncture meridian, which travels throughout the sides of the head. That was during the time I was taking care of Don, first from his ski accident and then his cancer, and possibly my body knew that it couldn't break down then, at any cost. Instead of my cleansing these toxins, out of necessity I suppressed them. It was several years after these symptoms stopped that the more serious neurological symptoms began. Perhaps these neurological symptoms were an indication of the disease going to a deeper, more critical, layer in my body.

Bachler's research, carried out on 3,000 school-age children, stated that the underground water by itself usually causes fatigue and lethargy, while the CG causes restlessness and nervousness. She also states that the strength of the child's constitution and the amount of exposure to geopathic stress were both contributing factors.⁷⁷ Could this be a factor influencing the increase in the amount of hyperactive children today? Would the elimination of this geopathic stress and now the additional atmospathic stress, at home and at our schools, at least reduce the need to medicate our children so much?

According to Drs. Schimmel and Penzer:

"Diagnostic laboratory tests of patients afflicted with geopathic distress over many years show the following deviations from the norm:

1. *Geopathic discharging locations:*

Hyper- or hypotonic anaemias

Alpha-1 globulin elevated by over 5%

Gamma globulin decreased by about 7%

Antistreptolysin titre (ASL) elevated

Rheumatoid factor (RF) positive

C-reactive protein (CRP) positive

Erythrocyte sedimentation rate (ESR) accelerated

2. *Geopathic charging zones:*

Polycythaemia tendency

Leucocytosis tendency

Gamma globulin elevated by more than 25%

ESR accelerated⁷⁸

ALTERED BRAINWAVE PATTERNS

Profound changes in brainwave patterns from a man who slept over an underground stream have been documented with use of an EEG. The first EEG was taken in a doctor's clinic and the second with the patient lying on his bed where the underground stream had been detected. This second EEG showed substantially depressed brainwave activity.⁷⁹

Geopathic Testing in Toxic Areas

Several years before Don's illness, soon after I first received my Vega geopathic test kit, I immediately tested Don and myself. I tested positive to DG. Don did not test to geopathic stress. I contacted a dowser, but

he did not find geopathic stress in our home. I incorrectly assumed that I had picked up the geopathic stress at another location. I believe that my testing error on not finding DG in Don, or CG in both of us, was because of the testing location — we were “within” the geopathic zones. When Don was very sick, we “knew” that there had to be problems in the house, although my testing did not reveal them. One afternoon, we were in bed resting and I instantly got an idea I wanted to check out. I immediately went downstairs and did some testing in our home and then went outside to test. I saw that the testing outside was completely different. I had to get away from the **source** of the problem in order to get accurate testing! This helped me figure out a few things. I immediately climbed up on the roof and did some testing with the TV antenna, which was directly over Don’s side of the bed.

Even though we had already unplugged and disconnected the satellite dish and TV antenna connections from all of the TV sets, the antenna was still pulling in toxins. Although this was before the development of the Energem, I placed another product on the antenna, which reduced the amount of incoming radiation.

Just weeks before Don’s death, when Stan was staying with us and Don was still not getting better despite all that we had done and were still doing, Stan was concerned that there was something we were missing. He did a lot of reading and then called a dowser that he knew could dowse from maps. Stan sent the maps and within a week they were returned. The maps indicated potential problem areas that the dowser had found in our general vicinity. On the map he placed “correcting marks” that were intended to block the indicated **sources** of problems. I doubt that the dowser was aware of the LPS and there were no “correcting marks” for that. Unfortunately, the geopathic and atmospathic stresses were never corrected.

Stan was right, there were problems, but we still hadn’t discovered them. That was the closest we got before Don’s death to finding the **source** of his cancer.

What I later learned after Don's death, when I was sick, was that just going outside was not sufficient. Usually when I went outside to test, I went out onto the back deck, because it was partially covered. Later I learned that the testing there was even different from the results where the deck did not have a roof. The deck roof was also enclosed within the LPS. That was my first clue that the LPS was a major problem.

Years later Rose read information in a book by Gerry Vassilatos that confirmed my concerns about the potential dangers of LPSs. He stated:

“The very first technique used to obtain an energetic flow from the sky to the ground was the very one by which Luigi Galvani first recognized that currents existed in the sky. His elevated copper masts were the very first aeriels, the methodic ‘drawing down’ of various energetic currents being attended by a most fascinating series of semi-electrical phenomena. In this regard Dr. Galvani recognized two distinct varieties of current, the one a vitalizing variety; the other, a deadly strain.”⁸⁰

After this time, “lightning rods and other highly elevated conductors” were used to test these forces. Vassilatos also stated: “It was later found in these regards that the presence of electricity was not limited to the upper regions of the atmosphere, certainly not to clouds alone, but to every part of the aerial strata immediately above the ground.” I suspect this would apply to metal roofs and satellite receivers as well as LPSs.

At this stage, I had begun my research with the Energems. I was now living only in the office area and had begun to put different frequencies into the Energems and had placed them on the office roof LPS cable.

This research continued for several months but was not very successful. There were so many sources of toxins — many of which I

was unaware — that I don't think I could have completed this research while still living there. Also, because of my illness, it was not easy or comfortable going out on the roof or taking all of my testing vials out onto the deck. As mentioned earlier, it was after I had moved to Colorado that I was able to “fix” geopathic stress, as well as LPSs, metal roofs, and other atmospathic stresses.

When we built the house, I was very careful about the materials that went into it. I had told the carpenters, “No aluminum facing on the fiberglass insulation.” When they came back with insulation with aluminum facing (and had already installed) part of it (because the supplier was out of the other), I had them remove all of the foil. I also had heard of problems with metal, so I insisted that we not have a metal roof.

Geopathic Stress and the Energems

After moving to Colorado and beginning to work again, I found geopathic stress in all the people that I tested. Because my clients were having difficulty finding a dowser and I also wanted to “fix” the house in Virginia before I would sell it, I decided that I needed to learn how to test homes for the presence of geopathic disturbances and how to correct it.

I began on two homes — my own and one of my clients. I used pictures, floor plans, and where possible, water samples from different areas in the homes, especially the bedrooms. I then used the Vega test vials to test to see if I could find an accurate method to accomplish this. I used the pictures of the house and the Vega vials as a quick test to see if there were, in fact, geopathic stress present. I did find a correlation between areas showing positive with the Vega vials and the water samples. Then I used the floor plan to more closely map out the lines and direction of the geopathic interference.

I then tested the periphery of the house and noted all “responsive” areas on the house pictures and then which area(s) it was entering and leaving. I had previously researched which frequencies would neutralize the geopathic stress. I then placed a tiny energized Energem on the picture in the exact spot on the outside of the house where the testing indicated the geopathic stress to be entering. I left this Energem in place and used the other pictures and floor plans to continue testing the house and also tested the occupants. I soon learned that testing of the occupants would change soon after the source of the toxins was neutralized by the Energem. I kept the Energems on the picture for several weeks.

In the meantime I mailed a larger “Geopathic Energem” so that it could be placed outside the home on the exact location where the testing indicated that the geopathic stress was entering. In that way, the toxic energies would be neutralized before they entered the home. I then removed the Energem from the picture and monitored daily the residents, in order to see any changes. I did see changes in the residents, which confirmed that this method was working. These details will be discussed soon.

Once my client’s home appeared to be “fixed” and the client was releasing the geopathic-related toxins, we agreed on a more permanent solution. She was concerned that the gardener might move the Geopathic Energem. Since its placement was critical, we decided to transfer the beneficial frequencies into a brick in the walkway. This worked — and was still working many months later when the client asked me to test her brick — not a request I hear every day!

Since then, I have energized several “special” rocks for others, and sent a “Geopathic Energem” to be placed outside my former home in Virginia.

That method worked very well, but was very time-consuming on my part, as well as time-consuming and more costly for my clients. So I began searching for an easier and less expensive method that would accomplish the same results. This was at a time when I also started

finding additional atmospathic toxins entering the home, so I also wanted to find a way to neutralize those.

I eventually found an easy solution that worked on geopathic stress and the atmospathic toxins. It did not require any individual testing, and the geopathic frequencies could be added to the current E&T (home use) Energem. This meant that only one Energem was necessary to neutralize all of the toxins that I had found entering our homes.

This was accomplished by the addition of a sketch or pictures of the outside of the home. Apartment dwellers could use a sketch, which is what I use when I travel in order to cleanse the hotel room.

Since it is only the entrance point of the geopathic stress that needs to be “treated,” the inclusion of photos of ALL sides of the home (which would include the entrance point), especially of the ground area close to the home, when placed within the electrical system with an Energem, would neutralize all of the geopathic stress, and the atmospathic toxins. Photos of the roof area, which would include any metal, LPSs, or antennas, should also be included in order to neutralize the atmospathic stress before it enters the home. What I found with this method was that as soon as toxic items (such as food and water) entered a home, they started to be cleansed.

When my friend had a problem with her oil furnace, I had her tape an E&T Energem outside on top of the oil fuel tank fill pipe. Within minutes of doing this, her symptoms began to leave, and within an hour, she felt much better. Now, just adding a picture or sketch of a source of toxins to the home will neutralize them. This method works to eliminate the toxins associated with incoming oil and gas lines. One client even used a drawing of her refrigerator, to which she reacted, possibly from a slow freon leak. Her relief was almost instantaneous.

I now recommend both pictures of the outside of the house and a sketch of the inside, which should include the source of any potential toxin. The introduction of the pictures and sketch will immediately initiate a cleansing. If the cleansing is too much, too fast, it can easily

be slowed by adding the pictures for only a few hours the first day. Then increase the amount of time daily for up to two to three weeks.

After I learned how to test for the “covert” toxins associated with DG, I saw these covert toxins, but not the DG itself, in a long-term client. Previously, I had tested and found the DG in one of his daughters. The daughter then told me how she and her sister, who shared a bedroom, had always felt much worse when living there. She especially noticed a difference when coming back from college. Soon after I tested the DG in his daughter, he contacted a dowser who came out to his house and found the DG.

Like most dowsers, he placed a copper rod in the ground where the DG was entering. The intention was for this to divert the geopathic stress over the house, instead of through it. What I found was that it diverted some, but not all, of the geopathic toxins. Then using pictures and a floor plan, I tested and found two toxic areas, and a Geopathic Energem was placed outside in each area. This placement initiated the cleansing of his covert geopathic toxins. Of course, this was before I had developed my new method of using pictures.

Using an Energem for geopathic stress neutralizes the toxicity instead of diverting it elsewhere. In this way there is no interference in any other person’s environment or home.

Several individuals with DG, including myself, also showed high levels of copper. My high copper levels showed with the ART/Vega testing and with hair analysis. Cuprum Met 800X, a homeopathic potency of copper, is used as the double grid test vial. Is there a connection between high copper levels in individuals and exposure or even sensitivity/resonance to the DG? It is also a metal (quite often copper) rod that is used to divert geopathic energies. Or is the copper already in our bodies, and attracting and holding in the geopathic toxins?

I have only tested a few homes that had previously been treated by a dowser. I found additional geopathic problems in them which were corrected with the use of an Energem.

Because of the dramatic increase in interferences in our environment, perhaps it would be beneficial now for dowsers to begin to ask more detailed questions — especially with regard to covert, scavenger, and atmospathic toxins.

Double Grid Toxins

The toxins/scavengers that I find with DG include:

Double Grid Overt Toxins:

- radiation
- air pollution
- insecticides
- fungus/yeast
- parasites
- rickettsia
- virus
- bacteria

Double Grid Covert Toxins:

- radiation
- anger

Again, I consider the core toxins to be the radiation, air pollution, insecticides and emotions, with the remaining toxins being their scavengers.

The Expanded Curry Grid

As mentioned previously, what I have found with Curry Grid is much different than what others have found. I have found that CG is **much larger** in size than what others have found, even extending over many acres. When I have found CG, it was throughout the entire home, much of the property, and even extending onto neighbors' properties. I have obtained plats of properties with CG (including my own property) in order to test it further.

On the plats that I have tested, I found that some of the CG boundaries (and its toxicity) extended to and abruptly ended at aboveground streams or lakes. Also, several of these homes were known to have a vortex nearby. Does the presence of a vortex that extends from below the ground up to the surface, bring up the CG and extend its dimensions?

More recently I used pictures and a plat to test my home in Virginia. I found that the DG stress covered a very small area — a line running through one end of the house (which included our bedroom). I found that the sky directly above the entire house, including the satellite dish, was weakening to radiation, rickettsia (the scavenger I find related to microwave energies), *anger*, and *fear*, but not to geopathic stress. Is the *anger* and *fear* another connection — to Don's and my subconscious *fear*? But CG covered the entire house and a large area even extending over onto the neighbors' properties on both sides of us.

I could not find any connection to the underground power lines which ran along our driveway and crossed over the aboveground stream.

From my testing I found that the CG abruptly stopped at two different aboveground sources of water — one was a small stream

which intersected our property to empty into the second body of water, a large creek, which delineated the north property boundary. The water itself showed no signs of any geopathic stress. Merz states that an underground stream running under a home is toxic, but an aboveground stream, open to the sky, will discharge the electrical environment.⁸¹

Effects of Geopathic Stresses on Our Vegetation and Food

Even the vegetation was very different on the south side of the stream (nontoxic area) versus the north side of the stream (toxic area). Both sides had a predominance of tulip poplar trees, but the south side had lots of mountain laurel, less dense undergrowth, and very few wild flowers.

The north side had no mountain laurel, very jungle-like undergrowth, wild roses, poison oak, redbud trees, dogwood trees, and in the spring was literally blanketed with many varieties of wild flowers.

There are many reasons why specific vegetation grows, or more importantly, thrives in specific locations. One of these is geopathic stress.

Edible plant life that avoids or doesn't do well with geopathic stress includes nut trees, apple trees, and pear trees. Plant life that thrives in areas of geopathic stress includes asparagus, mushrooms, nectarine trees, peach trees, cherry trees, plum trees, tomatoes, lavender, mint, palm trees, stinging nettle, and mistletoe. Is it an accident that many (at least known so far) of these that thrive in geopathic zones are also used as cancer cures?

Eating asparagus (in any form), and mushrooms has been recommended for cancer patients. Tomatoes have been found to be beneficial for prostate cancer as well as reducing the risk of lung, stomach, cervical, colorectal, pancreatic, breast, oral and esophageal

cancers. The perillyl alcohol in lavender may also be beneficial in the treatment of cancer. Mistletoe (*Viscum Album*), as previously mentioned, is used in the ART system to test for possible cancer-consciousness — what I define as a continuing awareness of cancer that ranges from a concern to a fear of — and is used in low potency as a cure for cancer, especially in Germany.

The pits of the fruit from apricots, peaches and nectarines contain a high amount of laetrile and have also been used as a natural cancer cure. Although I could not find apricot trees listed as being seekers or avoiders of geopathic stress, nectarines and peaches are geopathic seekers. Seeds from other fruit, such as apples and pears, have much smaller seeds and lower levels of laetrile.

When eating apples or pears, I quite often eat the inside kernels. I have acquired a taste for the bitter seeds. I have also eaten the seeds from nectarines and peaches, but they are much more difficult to open.

I tested many people who had geopathic stress and found in each one that peaches and cherries, or just the pits (all organic), tested to be “Effective” for both DG and CG.

Apples and pears were not effective. It is interesting to note that peaches and cherries were “Not Tolerated” — but apples and pears were “Tolerated” — by any of these individuals with geopathic stress (and no Energem). To me, that signifies that the geopathic stress had not been corrected and, therefore, their body was either not ready or not capable of cleansing those toxins. Others without geopathic stress (with an Energem) that were tested did tolerate the same peaches and cherries.

We often wondered which treatment it was that Don received on his first day in Tijuana that improved the functioning of his brain so dramatically. Maybe it was the large IV dose of laetrile.

Here again, nature has provided us with a cure — one that we can even grow on our own property. My peach tree in Virginia (grown in the geopathic area) flourished, although the critters consumed most of the fruit!

Other Indications of Geopathic Stress

Animals still possess the capability to sense energies that are beneficial and those that are not. Cows, pigs, horses, chickens, sheep and dogs tend to avoid geopathic areas, while bees, snakes, flies, ants, and cats seek them. Ant hills can be an indication of an underground stream.

Cracked and damp areas in buildings can also be indicative of the presence of geopathic stress. Researchers have stated that bacteria, parasites, and viruses seek out geopathic zones and will infect and multiply rapidly in people already weakened by geopathic stress. These microbes I consider to be scavengers. Are they present and multiplying rapidly as a result of their devouring or being fed by a core toxin — the geopathic stress? If this is true, is it more beneficial to not try to eliminate these scavengers until after the core toxin — the source of the problem — is eliminated? Quite possibly, the scavengers can't be eliminated until the core toxin is first eliminated.

Bachler stated that this was true for tubercle bacillus also. This she observed in her work based on the writings of Arnold Flachenegger.⁸²

Source of the Expanded Curry Grid

In order to determine the **source** of the expanded area of CG, I did more testing on specific areas on the property and house. I was testing to see if I could find a more defined source of the CG and if the incoming water line, copper pipes, drainage pipes, or septic field were involved.

I placed a small Energem on the plat or pictures on each of these locations, one at a time, and retested the house and the grounds. There was a total change when the Energem was placed where I had been told was the area of the vortex. **Treating that area totally eliminated**

the CG in the entire house and property. That suggests that the vortex is responsible for at least the large expansion of the CG energies, if not its presence.

A friend had also given me pictures of her property — before and after construction of her home. Initially the property in the area where her home was to be built did not show any geopathic interference. Only after the electrical connections were made and she occupied the house did problems show. There were four new problems that appeared (in addition to the expected electrical frequencies) — Double Grid, Curry Grid, radiation and associated toxins from the metal roof, and a vortex.

From testing, the DG appears to be related to a natural spring uphill from her house that is her source of water. Plastic pipes were buried underground to bring this water into her house. Electricity is not used to move the water until it reaches the house. Placement of an Energem on the plat over the spring area eliminated all DG in the area of the spring, along the buried pipes, and even in her home — all areas that previously tested positive to DG. This illustrates my concern about our well water — this interference occurred even without a well or electricity.

Metal roofs act in much the same manner energetically that LPSs do. They pull in and concentrate the toxic atmospathic energies from above, as well as hold in other toxic energies.

After my friend moved into her home, I completed the testing to determine the source of the CG, which covered her entire twelve acres and probably beyond. First she placed an Energem out on the road on the electrical cable where it goes from the aboveground pole to underground. This did not show any changes. Then she removed the Energem and turned off the power at the main panel to her house. This also did not show any changes. With the electricity turned back on, I then placed a tiny Energem on several areas on the plat — one at a time — and retested. There were no changes with the CG after placement of the Energem on the septic field or spring. I then tested

for and found what I believe to be a vortex area. **Placement of an Energem on that area of the plat eliminated CG throughout the entire twelve acres.**

This vortex area did not show on my initial testing of the first pictures of her building site while it was undeveloped land. I also had found CG and a vortex present in her previous home. I now must consider the possibility that there is something related to the occupants of the home that attracts, opens up, or creates a vortex.

Rose and I had previously discussed this possibility. Rose described a vortex as an opening — an exhaust system — for the earth. Like Old Faithful, it releases built-up pressure from under the ground. She also stated that this went in both directions — the earth releasing its pressure (and toxins, including geopathic stress) and also pulling in what it needed. Maybe the vortex was pulling in other things as well?

In the older books (such as *Earth Radiation*, 1976), where they were dealing with a combination of underground streams and CG, the individuals were immensely helped just by moving their bed. I do not question that they were helped. When I moved out of my bedroom in my former home in Virginia and further away from the vortex, I felt better, but not much. There was geopathic stress in both beds. Since Curry Grid covered most of my entire property and all of the living space, it was only a matter of finding the area with the least amount of geopathic stress. From my experience and testing, just moving the bed would not be sufficient today in the U.S., at least with the combination of CG and a vortex. What has changed to allow that to occur? Is a vortex now always present with CG? Is this new?

I believe that the increase in the recent, more detrimental effects from the global grid system could be occurring for many reasons: I believe that the earth is in a cleansing period, and many toxins are now being released from the earth (which are also appearing in the electrical system and atmosphere). The substantial increase in the use of HAARP, GWEN, microwave towers, and the satellite systems could be a factor, as well as the recent cyclical increase in sun flares, which

Rose states have an even stronger effect than the satellite systems. She also states that the satellite systems are acting like the LPS on my roof by holding the toxins in our atmosphere. Rose has suggested that the use of electricity could be a major reason for the increase of grid stress in our living areas. Electricity is a conductor, which could pull in the already existent geopathic stress, concentrate it within the building, and continually recirculate it via the electrical wiring system to encircle the entire living areas.

Also, CG tested to be more emotionally related than DG. Is there a resonance that allows individuals who repress covert emotions to attract and be more deeply affected by the CG than others? If so, could these emotions or the individual be creating or attracting a vortex? Is there some currently unknown factor that attracts DG or the atmospheric toxic elements to individuals? Are these interferences merely fulfilling a destiny or learning experience? I believe Don's or my subconscious emotions combined with the other toxic factors in our home (and location) gave fertile ground for our illnesses to flourish. This resulted in our learning experiences, which led me to do this work, as part of my blueprint for this lifetime — part of our destiny.

In order to learn more about the CG, I did further research. With each person who tested positive to CG, I found a pattern.

The CG Vega vial tested positive in relationship to the Vega Layer II vial, which represents the emotional layer. As a confirmation, the CG vial also tested as being related to the astral spiritual plane, which also relates to emotions.

The CG also tested to the sacral chakra — also emotions — and to the kidney, specifically (one of the organs related to the sacral chakra).

Some tested to the right kidney and some to the left. Generally, I find the right side related to “male”, and the left to “female.” I suspect that the side of the kidney weakness relates to the sex of the person about whom the emotional issue relates.

The emotions that showed were *sadness, anger, fear, and love* — the highest numbers in that order. When *anger* shows, another emotion, generally *sadness* or *grief*, shows at a deeper level.

Obviously there is an emotional relationship to CG. To get more insight/understanding, I consulted Rose. She provided many suggestions. She immediately told me to go deeper — to go to the “heart” of the planet. She said that the heart of the earth is communicating with us. There is a communication between our emotions and the earth.

The earth itself is making a change. It is going through a cleansing and an evolution and is moving energies from its core to its surface. In order for humans to survive here, we also need to evolve — and to keep communicating with our planet. The earth is stimulating our own evolution and is trying to help us heal. Rose stated that the earth has its internal God in its core. This line of communication comes up to the surface where we have the CG in the crust of the earth. The crust of the earth may also be connected to the astral plane (“as above, so below”).

Rose sees the earth as very loving and a “Great Being” which talks to her. This is very similar to the respect and communications that the American Indians and other ancient cultures have always had for and with the earth.

From what I learned from my testing and our conversation, in order to heal ourselves and evolve, and thereby help heal the planet, we should be listening to and embracing what the earth is telling us. It is as though the earth is stimulating our evolution, and it is using the CG as one of its communications systems. It is trying to help us! **We should heal our emotions in order to more easily evolve to our next step.**

I have no doubt that everything that was set up in our house in Virginia was to teach both Don and me, so that we could follow through with the work that we are doing now.

Again I asked about vortexes. It is not a coincidence that there was a vortex (and CG) at the edge of our house, that my friend had a vortex (and CG) at her previous home, and that the bare land that did not show any geopathic interference, now shows DG, a vortex and CG — soon after she moved in.

Rose again stated that vortexes are just openings — like a chakra is just an opening. These openings help to establish more clear communications — the vortexes between us and the earth and, the chakras between our physical and our emotional and spiritual bodies.

Of course, this doesn't address the radiation and its scavenger toxins that also show as being a part of the CG. Maybe the CG is just a carrier/exit route for these toxins. I also suspect that the emotions I find with each CG changes on a regular, continuing basis based on the occupant's/owner's emotional state and level of awareness, emotional cleansing, and evolution. I do know that the emotions vary on each CG property and that the **negative emotions that were on my property in Virginia have been cleansed from both me and the property.**

From my more recent experiences and testing, I now believe that we may be creating our own vortex system. Our vortex is pulling into the earth our unresolved, more covert emotions to store in “our property” until we are ready to handle them. These covert emotions are generally the more negative emotions that we may not want to consciously acknowledge — such as *rage*. This pattern very much fits with my more recent research, what I have termed the “Geopathic Emotional Earth-Link” miasm, or GEEL miasm, the subject of the next section. This may be part of a communications and healing relationship that, as individuals, we establish with the earth.

When individuals use pictures to eliminate the CG in their home, I suggest that pictures of only the house, and not the entire property, be used. In this way, the Energems will not disrupt or suppress any

natural release or cleansing process that may be happening. I initially was concerned that the use of an Energem to eliminate the CG in our homes might somehow suppress what the CG is trying to relate to us. In a perfect world, we would not need anything like an Energem. But many people are extremely ill as a result of the increase in all of these toxins. Until we are strong enough to transmute the toxins ourselves, I believe the Energems to be a very useful aid to our healing.

Once we have learned to resolve our emotions and are more aware of our blueprint and mission in this lifetime, maybe we will not need the CG or vortex any longer. At some point in the future, after we have evolved and aligned ourselves further, I believe that our bodies will either not react to or will be able to transmute these toxins automatically.

Our evolution is what this book is about!

Curry Grid Toxins

I have found the same five overt CG core toxins/scavengers in different homes:

CG Overt Toxins:

radiation

fungus/yeast

parasites

virus

bacteria

Curry Grid and Emotions

But I have found different emotions in different homes. As an example:

Home 1

Overt:

anger

guilt

fear

grief

sadness

Covert:

rage

My home in Virginia many years ago:

Overt:

fear

sadness

love

Covert:

rage

terror

My home in Virginia just before selling it:

Overt:

love

Covert:

none

This makes sense to me. Don and I both had repressed *fear* (and *love*). I also will claim the *sadness*.

The covert toxins — *rage* and *terror* — eventually did not show in my Virginia home. That is a sign that we can work out those emotions, both from ourselves and then our earth.

I had been using my home in Virginia as a testing ground for much of my initial research. When I received a sales contract on my home, I needed to complete all of my research on it. This contract also initiated a final cleansing of the geopathic stress from that property. I was also determined to leave the house and property as “clean” as possible. Much to my surprise and delight, my testing during the final weeks before closing on the house provided more answers, as well as a complete cleansing of the CG on the property. As my emotions about the house and property cleansed — from Don’s death, my illness, and the actual sale of the house — the house and property also cleansed. The last negative emotions to leave the property were my *fear* and *sadness*. On my final testing of the property, only *love* was left where the CG had been. The footprint we leave behind can be *loving*, not toxic.

I realized that I may have been holding onto the house longer than I consciously wanted to — that home is where we shared the deepest *love* that I had ever felt, and I was *afraid* that I may never experience that again. The day after the closing, I thought that I would be elated, but I wasn’t. I felt *empty*. I finally realized that, in addition to having held onto the house after Don’s death, I had grounded into the earth there instead of him. I was still grounded into the property even though I had physically moved on.

After much thinking about this and at least one conversation with Rose, I grounded more into God and into my own body — my heart. This changed my feeling of *emptiness*. Rose’s comment was, “You have now aligned yourself from your inner core out. Be connected to the God within first.”

It is possible that there are additional emotions connected with individuals, and thereby their homes, which I do not yet have testing vials for. I suspect so.

As Rose quickly pointed out, these negative emotions (as well as other toxic energies) that are radiating into our environment need not affect us. There is no reason to *fear* them. If we do not possess or resonate to these energies or emotions, then we have no reason to react to them. When we are aligned they will flow through us without affecting us and we will probably be unaware of them.

If we do possess the emotions, then we just may be nudged to open up to the source or cause in order to resolve them and realign our body. It is a communications system that can assist us in our healing when we become aware of its existence and potential.

Geopathic Emotional Earth-Link (GEEL) Miasms

Only months after writing this geopathic section, I began seeing and feeling puzzling symptoms in myself. Weeks later I saw and tested the same pattern in a client. Only my testing, ad nauseam, slowly led me to answers. Although I didn't recognize it at the time, much of the testing was the same as the testing when I was weak under the feet and all that entails. Emotions were showing in both the front and the back (the overt and covert emotions) and were related to the same person or situation, but nothing I did to resolve these emotions helped. It took me all of one summer to get more of the picture and to find a solution. I have termed this a Geopathic Emotional Earth-Link (GEEL) miasm. I called it this for several reasons. It relates to different types of geopathic stress, but primarily to Curry Grid. It also relates to our emotions, which in this case have a link to the earth, and it tests as a miasm, something very deep within us.

I previously mentioned that I found characteristics about Curry Grid that I had not heard before. The primary differences I found in my testing were that Curry Grid covered large areas of land, sometimes acres, not feet, and quite often ended at aboveground water. Different Curry Grid areas also tested to different covert negative emotions. I believe the emotions are different depending upon to whom and what they relate.

It is my hypothesis that the energy of at least some of our old (so far this lifetime only) more traumatic, unresolved, negative emotions are being “temporarily” stored in the earth, at the location where they occurred, until we are ready to resolve them. It’s as if the earth is temporarily taking “the hit” for us so that we are not as devastated by the unresolved emotions. This could also be part of the source of all of the negative emotions that are not our own that I see entering via the electrical systems, and into the body when we are weak under the feet.

So far I have seen this miasm only surface many months to two years after someone has been using an Energem in their home and has released all of the normal geopathic stress from their body. I suspect that the elimination of the stress to the body by use of an Energem allows the body to move forward towards healing itself. I also believe that the loving and healing earth is helping or nudging us to heal these old emotions when we are strong and wise enough to handle them.

Once we learn how to handle our emotions at the time they are occurring, there would be no need for the GEEL miasms to occur.

HOW TO TEST FOR AND CLEAR THE GEEL MIASMS

There are several things to look for in the testing. As previously stated, an emotional miasm can be tested using Aurum Metallicum 200X or the Intox III vial, as can the GEEL miasm. I have also found Nux Vomica 200X useful to distinguish that it is a GEEL miasm and not a regular emotional miasm. At the same time, the front and back

emotional points on one side of the body will test weak and the above vials can be used to cross-test to the emotional points, both front and/or the back. These vials and emotions generally cross-test to the astral plane also. Also at this time, geopathic stress would cross-test to the emotional Layer II, Intox III, and Nux Vomica 200X vials.

Once it is determined that there is a GEEL miasm, then statements can be made and tested in order to determine who and what it relates to. Then the different emotions can be tested. The front is quite often sadness and the back is quite often anger, rage or fear.

Testing under the feet would show the vibration of lots of other negative emotions and diseases entering the body. Usually these are held in the body until the miasm is resolved, but some could be leaving out either the left foot or the crown chakra.

Use of the Ferrum Metallicum 12X “Effective/Treat” vial is useful to confirm each next step. But, the entire process could be performed without further testing. If it is not successful, then testing using the “Effective/Treat” vial would tell you what steps needed additional work.

The next step is to totally **feel** and understand what the two related emotions are about. Look at how this situation has been affecting your life and your actions. Go into your heart and ask if there is anything more you need to know. What is it you need to learn or do? Then while holding the “Effective/Treat” vial, test to see if it strengthens the back emotional point. If it does, that means you know enough about the covert emotion to proceed. Then, while holding the “Effective/Treat” vial, test under the right foot to see if it is now strong. If it is strong, then it is time to proceed. Now it is time to communicate to the earth, such as:

“I am aware and understand what has happened. I take responsibility for what I did and ask that my emotion (a covert emotion such as fear, anger, rage, guilt, etc.) stored in the earth be released and transmuted and that the earth be healed. I now ask that I be healed of this emotion and be disconnected from this earth-link.”

This earth-link disconnect clears about 90% of the symptoms. Then finish the process by working on the overt emotion in whatever manner you have found that works best for you. You may need to see positive reasons for what happened and what you have learned from it.

Both the overt and covert GEEL emotions, like all other stored emotions, also have their scavenger, which will be released once the emotions are resolved.

My clients and I had resolved many of our GEEL miasms prior to doing the “Earliest Recollection” (ER) work mentioned in the Emotions section. Once we completed the ER work, if there were normal, not GEEL miasm, overt and covert emotions, they both now showed in the front. The overt tested using the fingertips on the emotional points and the covert tested using the back of the fingertips. When a new GEEL miasm appeared, it tested in the same manner as all GEEL miasms.

I don’t totally understand why our negative covert suppressed emotions appear to be connected to the earth. Could it be that these suppressed emotions send us backwards in our evolution, like what I see happening when we are weak under the feet? Could it be that the weakness under the feet allows these emotions to go back out the left foot and into the earth, just to be recycled again, at least until we are ready to resolve them?

My looking for more of an understanding about how or why these negative emotions would be stored in the earth brought to mind the existence of “thought-forms.” While researching more on thought-forms, I read Gerber’s definition: “A manifestation of a strong thought or emotion as an actual energetic structure within an individual’s auric field.”⁸³ Gerber states, “Some thoughts, especially those that are charged with *emotional intensity*, can have a separate identity apart from their creator.”⁸⁴

Besant and Leadbeater discuss how some types of thought-forms, especially feelings, “manifest themselves upon the astral plane.”⁸⁵

The saying, “as above, so below,” came to mind. If our thought-forms go to the astral plane, can our covert negative emotions go into the earth? Since our thought-forms are in our auric field and resonate or travel to the astral (emotional) plane, then the more negative emotions should also be in our auric field and possibly could travel into the earth. Could a type of personal vortex be the carrier of these energies to the earth?

I have wondered if the earth set up some sort of personal vortex which connected us to it as an off-site protective device to keep us from getting overloaded. Possibly this vortex would set up a communications system between us and the earth in a similar manner that a communications system exists between us and higher planes or levels of consciousness. Our vortex could help us by handling our negative covert emotions until we were prepared to heal them — aided with the help of hindsight.

While looking for some confirmation about this theory I did a web search on vortexes and did find some relevant information. Ronald, on one web site, mentioned that a vortex area: “can be formed by underground streams crossing, fault lines, points where magnetic field lines intersect the earth, etc.”⁸⁶ This fits with our home in Virginia where Rose stated that there was a vortex connected into the earth. Could this type of vortex evolve from the spirals that are formed from the earth energies?

Another web site stated, “Each and every human has their own private vortex in the upper body of their head, the hair swirl.” They go on to state that the energy in some vortexes “can be polluted and interrupted by human emotional energy debris.”⁸⁷

Does a vortex created by these sources of geopathic stress also connect into the individual living in that area and their emotions?

Ronald also discussed “imprints” that can be left on the earth. He stated, “Strong emotional events usually produce strong imprints; it’s like it pulls earth energies in an area and concentrates them into a fixed pattern.”

Could these negative emotions and these imprints stored in the earth be the primary reason for the Curry Grid? Have they built up to the point where the earth needs to release them in whatever way it can in order to cleanse itself so that it can continue to sustain us? Is part of this process to teach us to evolve from our survival- and self-protection-oriented reptilian brain and negative emotions to a more heart-centered mode? I suspect these and other questions will be answered in time.

Chapter III-3

Recap



Of all the feedback I have received about the use of the Energems, the most surprising and rewarding came from individuals who lived for a very long period of time in the same home. I suspect from their comments that they were in a strong geopathic field.

Some of these individuals felt an almost instant relief after placement of the Energem.

They felt a lifting of depression and a surge of energy that some had never felt before in their entire life. There was no cleansing necessary to feel this improvement.

Others felt very little initially — some even worse for a short time — as a result of the cleansing process initiated.

I would like to reemphasize the significance that the electromagnetic, geopathic, and other atmospathic interferences play

in our health and well-being — and usually without our awareness. Based on Don's and my illness and the communications that I have received from individuals who have used an Energem, we are all responding in many different ways to the same toxic stresses in our environment. Don's entire family had died of cancer, and his body's physical response to the geopathic and atmospathic stress, plus the LPS, was cancer. My response from living in the same house was primarily in the nervous system. Others have reacted in many different ways. On the physical level various people's reactions have ranged from tiredness to extreme fatigue and almost complete collapse. The emotional symptoms have ranged from simple irritation to deep depression, including being suicidal. The mental symptoms have ranged from a common complaint of trouble concentrating to incapacity for any mental work or clear thinking. Whatever the source or type of geopathic or electromagnetic stress, the important factor to me was that the toxins be neutralized — and that's what the Energems do — very effectively. All of these symptoms were eliminated with the use of one Energem in the home.

This section has been written in order to inform people about the detrimental health effects of these interferences and our ability to now counteract them. It is imperative for our health and further evolution that the **source** of our problems, whether physical, mental, emotional, or spiritual, be identified so that they can be solved. Only by going to the core issues, can we continue our evolvment. Our understanding of the Earth's role and potential assistance in this evolvment should only strengthen our connection with it and all beings. We can cleanse as the Earth cleanses and learn to transmute our own toxins in order to assist the Earth's healing process.

My continuing research will delve deeper into more powerful energetic methods of healing — for us and our planet.

Chapter III-4

Epilogue



It is now mid-2005 when I am completing this book, which I began writing about five years ago. This gives me some hindsight into my experiences.

I believe the stress and trauma of caring for Don after his ski accident, soon followed by his illness and then death, suppressed my cleansing of the electromagnetic and geopathic toxins from my body. As a result, the toxicity went deeper into my body, into my nervous system, without me realizing it, and resurfaced as more serious neurological problems, instead of the chronic fatigue and other symptoms I had experienced previously. My having been so connected and grounded into Don as well as picking up some of his symptoms also played its role in this process.

While I was living near Aspen, I had a dream which also gave me more hindsight. At the time, I was writing the first part of this book.

After breakfast while I was writing down a dream from that morning, I started crying. Even before I had interpreted the meaning of this dream, my body felt and knew what it was about. At this point, I felt like my dreams were guiding me towards what I needed in order to finish the first part of the book, while at the same time closing that part of my life so that I could move forward more.

In the dream we were at our home in Virginia. A man was checking out our cars. Mine was my two-year-old car and he said that it was fine. Don's car was his Impala, the car he owned when we started dating almost 35 years prior. The man said that something was wrong with Don's car and that Don should get it checked out.

There was something about Don's car needing to go up to another or higher road. Don didn't seem too concerned about it. He knew I had a better car and that we could both use mine, if necessary.

Before I wrote this down I had learned from previous dreams that cars could represent our bodies. It wasn't until I wrote down the entire dream that I knew more about its meaning.

Don's old car represented his body. In fact, he was older than I and there was something wrong with his car (body).

In our physical reality, I believe that Don, on some level, decided to take "the hit" for me — to take on the illness so that I could figure out what was causing it. I believe he did this in order to save my life. Since I was younger, could heal faster, and could work more years, I would also be the one, on this physical plane, to carry out our work — to educate the public and to find solutions to correct the types of problems that we had found in our home. Don "knew" that I had the training and was better prepared to do this.

He even mentioned this during his illness. He knew that I had felt sick since moving into that house. At some point during his illness, we also both knew that there was something in the house that kept him from healing like we thought he should from all the treatments he was receiving. He even said to me that he wondered if he was sick so that we could figure things out so that I could get well.

Was this all predetermined before our reincarnation here on this physical plane? I suspect so.

For sure, it drives me to complete the work that was given to us — to help give meaning to our experiences and a positive outcome to our illnesses and his death by being able to help others not have to experience the health problems that we did.

All forms of geopathic, electromagnetic and atmospathic stresses are unseen. Don always felt very healthy. It was not until after the seizures started and he already had a fist-sized kidney tumor and two brain tumors that he even knew he had a health problem. That was a very late stage in which to seek a cure. I urge you to not ignore these unseen forces even if you feel healthy. The solutions are contained in this book.

I have experienced and learned a lot through this process. I believe my research detailed in this book and the development of the Energems is the completion of a major step of my mission here.

Because of all the positive changes in my life, the memories of my illness and neurological problems, especially not being able to walk for long distances, seems like a lifetime ago. I have moved into my new home on a beautiful alpine lake in Colorado and am enjoying a more balanced lifestyle again.

The positive changes were the result of many different influences. First, I moved out of a toxic environment and then created the Energems that would allow me to be protected in a toxic environment (geopathic- and atmospathic-wise). In my new environment I was able to more effectively conduct my research into several different areas as well as allow my body to heal. I learned new ways to detoxify my body, but more importantly to learn how to keep it from becoming toxic again — to automatically do this using the Life Force Aphorisms.

From all the healing I have learned and done, my body is stronger now than even months after moving into our home over 22 years ago.

Along with the physical cleansing, the emotional cleansing followed, guided by the consultations with Rose. Without her help, love, guidance

and support for the past seven years, I don't believe I would be where I am today. She has changed my life in so many different ways, not just my physical healing. I am so grateful that she came into my life when I needed her the most — which is how things have worked in my life.

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Glossary



Affirmations

Affirmations make a very positive statement of what we desire. We desire this because we don't already possess it. Even though the statement is positive – it is not true. If it were true, we wouldn't need the affirmation. Our body recognizes it as an untruth, doesn't understand what to do, and is weakened because it is an untruth. (See Life Force Aphorisms.)

Akashic Records

Records of our lifetimes stored on the Causal Plane.

Anencephaly

Congenital absence of the cranial vault, with cerebral hemispheres completely missing or reduced to small masses attached to the base of the skull; having no brain.

Aphorism

A concise statement of principle and truth, differing from an affirmation, which is a statement of desired truth.

Astral Plane

The first plane in vibration above the physical plane, which relates to emotions, illusion, UFOs, psychic phenomena and interference.

Atmospathic	While “geo” (earth, ground, soil), and “pathic” (suffering, disease) relates to disturbances under the ground, I am introducing the term “atmospathic” to represent a compilation of toxic energies from different sources originating from or existing in the atmosphere, such as energies from cosmic radiation, microwave towers, satellite systems, GWEN towers and HAARP.
Auric Field	The field of energy surrounding all living things.
Base Chakra	The energy center at the base of the spine which relates to survival, grounding and earth.
Baseline	Initial testing measurements that will serve as a starting point or point of reference for future measurements.
Chakras	Seven energy center openings along the sushumna that act as transformers to process the higher frequency subtle energies entering the physical body.
Constitutional Homeopathy	Use of generally a single dose high potency homeopathic remedy to address all of the chronic symptoms of the whole person – physical, mental, and emotional – to stimulate the body’s vital force to produce a very deep acting and long lasting curative process.
Control Measurement Points (CMPs)	Dr. Voll’s Control Measurement Points (CMPs). There is one CMP on each side of each finger and toe and it represents the main point for each traditional

	acupuncture meridian, plus some additional meridians that Voll discovered.
Core Toxins	Core toxins are the “dead” toxins. The release of the core toxin automatically initiates the release of its scavenger. (See scavenger toxin.)
Cross-testing	Cross-testing is utilized to determine additional information and to further understand correlations.
Dental Focus	An infection or toxic area in the teeth or jaw bone area that can spread undetected throughout the body.
Double Grid	The crossing of geopathic grid lines that signifies a more detrimental energy.
Earth Energy	The natural energy in and emanating from the earth.
Emf	Electromagnetic frequency.
Energetics	The study and use of natural energies for beneficial purposes.
Etheric Plane	The fourth plane in vibration above the physical plane, which relates to the subconscious and intuition.
Geomagnetic Field	The magnetic field observed in and around the earth.
Global Grid	Earth's natural subtle energy electromagnetic lines of force in a grid network that creates geopathic grid stress. Hartmann Grid is known as the first Global Grid and Curry Grid as the second Global Grid.

Homeopathy	A system that uses potentized forms of natural substances (energy) to stimulate the body's vital force, which initiates the healing process. The remedy is found by matching the symptoms to the "picture" of the remedy. (See Provings.)
Horizontal Geomagnetic Flux	Flow lines of electromagnetism paralleling the equator.
"In the clear"	Testing of an indicator muscle by itself to see if it is strong or weak.
Infrared	The portion of the invisible electromagnetic spectrum consisting of radiation with wavelengths in the range 750 nm to 1 mm, between light and radio waves; also called heat rays or thermal radiation.
Kundalini	Subtle life force energy stored within the base chakra that travels up the sushumna to connect to and activate the chakras.
Life Force Aphorisms (LFAs)	The energetic Life Force Aphorisms (LFAs) are directions made in statements to guide the body in the desired direction, such as to start cleansing, healing, and evolving naturally. (See Affirmations.)
Magnetic Flux	The activity of the earth's geomagnetic field.
Mesenchyme	Having to do with the middle layer of embryonic cells that become the connective tissue, lymph system, blood, bone, and cartilage.

Miasm	A deep acting energetic level inherited or acquired tendency towards certain diseases, e.g., the cancer miasm.
Nosode	A homeopathic remedy made from a diseased substance.
Proving	A “picture” of symptoms induced when a healthy person takes a low dose homeopathic substance. The resulting “picture” of symptoms defines the symptoms this remedy will eliminate in a sick person.
Radiesthesia	The use of a pendulum to detect subtle energies. Also used as a self-testing method to determine beneficial and harmful substances and energies.
Radon Daughter	Fine solid particles which result from the radioactive decay of radon gas and are hazardous because of the radiation they emit.
Reptilian Brain (Also Brain Stem)	The earliest part of the brain in terms of evolution, similar to the brain of reptiles. It includes the medulla, pons, and mid-brain and relates to our primal survival instincts.
Rickettsia	An organism between the size of a bacteria and a virus.
Scavenger Toxin	The core toxins are “dead” toxins and the scavengers are “live” toxins – parasitic-type organisms. Every core toxin has its scavenger toxin, such as bacteria, virus, fungus/yeast, parasite, rickettsia and root canal toxins, which

are present in our body to primarily serve a useful purpose, despite the difficulties they produce.

Sushumna

The primary nadi energy channel along the spine that connects all of the chakras and in which the kundalini rises.

Therapy Localization

The AK testing of organs or reflex points by touching them while testing.

Total Body Modification

Total Body Modification is based on the idea that when an organ is stressed, related neurons in the brain are depolarized, like blowing a fuse. The TBM practitioner uses AK (muscle response testing, not formal AK) to locate the problem, and then stimulates the spine in the related areas in order to repolarize the neurons, and thus return the central nervous system to optimum functioning. This stimulation restores communication to and from the central nervous system and the organs involved. The effect is communication to the body to self-correct in a “language” it understands.

Transmuted

Altered or changed so that it is no longer toxic or in the same form.

Weak Under the Feet

An energy pathway tested to determine if we are evolving — moving forward in our life. Weakness under the feet is initially caused by geopathic stress. Once that is neutralized, then any further weakness is caused by something that is keeping us stuck in our past or going backwards in our life.

Appendix A Resource Guide



SUGGESTED READING/VIEWING

Robert O. Becker, M.D. and Gary Selden, *The Body Electric: Electromagnetism and the Foundation of Life* (Perennial Currents, 1st Quill edition, 1998).

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<http://williamfkoch.com>

VEGA-TYPE BIOKINESIOLOGY SAMPLE VIAL KITS

It is proving difficult to obtain these sample vial kits. The most promising homeopathic pharmacy in the US is not currently producing new kits. I was able to find a pharmacy in Europe that would produce a sample kit, but because of recent government regulations, I am concerned they would not be able to be imported.

Because of these concerns I have decided to produce a set of “sample cards” — Energetic Evaluation Cards (EECs) — that will contain the written word that simulates the “energy of” the information contained in the homeopathic vials. Although this would not be my first choice, currently it is my only choice. These Energetic Evaluation Cards will perform in exactly the same manner as if you were to make your own written “vials.”

The written word carries the “energy of” that word. Dr. Masaru Emoto, as described in his book *The Hidden Messages in Water* (Beyond Words Publishing, Inc., Hillsboro, OR 2004), was interested in the molecular structure of water and what affects it. In his research of water he has produced in photographs so that we can physically see that the energy of the written word can be transferred into and affects, in this case water. As mentioned in my book, water rapidly picks up the energies of its surroundings. I used water samples to both test for the energies in different parts of mine and client’s homes and then to find what was “Effective” and “Tolerated” to neutralize the toxic energies.

Dr. Emoto has taped written words onto glass containers of distilled water. The water was then frozen and the resulting crystalline structures that were created by the energy of the written word were photographed. In other tests he photographed different sources of water as well as the energy received from different types of music and different spoken words. The crystal structure formed from the words “Love and gratitude” were beautiful as well as tested positive, while the structures formed from the words “You fool!” (in two languages) and “You make me sick. I will kill you” looked unbalanced and disturbing as well as tested weakening and were not even capable of forming a crystal shape. He also produced a photograph of distilled water that had been heated in a microwave oven. That photograph created a similar weakening structure as that photographed of the word “Satan.”

Dr. Emoto’s research has lent much credibility to the power of the energy of the spoken and written word. Because of this confirmation, EECs in lieu of vials are being produced and will be available from the same sources as this book. For further information or to order see www.energems.com or contact:

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They also supply sample vial sets for heavy metals, petrochemicals and preservatives; foods; amino acids; airborne matter; vitamin, mineral, and enzymes; and organs.

They host professional seminars throughout the US. I highly recommend their Futureplex Antitox formulas.

It was Apex's Futureplex Antitox "Acute Rescue" that Don placed on the birds that hit the wall in the clinic in Germany.

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e-mail: equilibrium@lexicon.net

Equilibrium also has a catalog available listing their large supply of kinesiology books and charts in addition to 28 different sample kits for kinesiologists. They also stock the laminated Applied Physiology's Nutritional Energy Reflex Point Chart.

One of their sample kits produced by Homeovitic/Hobon (www.hvslabs.com, in Florida 239-643-4636 or 800-521-7722) contains specific toxin-neutralizing homeopathic formulas that I have used extensively for test purposes only. They contain formulas that Apex Energetics does not provide. They test "Effective" but do not test "Well Tolerated" for me like the Futureplex Antitox formulas do. This may be a result of higher potencies that are used in the Homeovitic/Hobon remedies.

I highly recommend the Homeovitic/Hobon formulas for testing purposes.

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Many of the same test sets are available as Equilibrium carries. Life-Work Potential carries the books authored only by Jane Thurnell-Read.

*Because of changing regulations, any importation of remedies, supplements or kits must be at your own risk.

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Wobenzym N enzymes manufactured by Mucos Pharma GmbH & Company are available in many health food stores as well as on-line. Further information is available at www.wobenzymonline.com. The below companies all sell this enzyme at discounted prices. I have not used any of these sources.

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www.costlessvitamin.com. Phone 800-578-5939 or 760-632-7286.

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Appendix B

List of Illustrations



Figure 1	O-Ring Testing	92
Figure 2	Pendulum Testing	93
Figure 3	Kinesiology Testing Position	95
Figure 4A	Testing K-27 for Switching	98
Figure 4B	Testing Belly Button for Switching.....	98
Figure 5A	Therapy Localization (TL) Testing – Front	107
Figure 5B	Therapy Localization (TL) Testing – Front	108
Figure 5C	Therapy Localization (TL) Testing – Back	109
Figure 6	Intox I & II Flow Chart.....	114
Figure 7	Causal Chain Testing.....	123
Figure 8	Applied Physiology's Nutritional Energy Reflex Point Chart	138-139
Figure 9A	Chakra Location & Testing – Front.....	155
Figure 9B	Chakra Location & Testing – Back	156
Figure 9C	Chakra Testing – Back	157
Figure 10A	Acupuncture Meridian Alarm Points – Front.	159
Figure 10B	Acupuncture Meridian Alarm Points – Back	160
Figure 11A	Testing Location for Thymus Gland	162
Figure 11B	Testing the Thymus Gland	162
Figure 12A	Testing the Right Brain	163
Figure 12B	Testing the Left Brain	163

Figure 13A Voll’s Acupuncture Foot
Control Measurement Points (CMPs) 166

Figure 13B Voll’s Acupuncture Hand
Control Measurement Points (CMPs) 167

Figure 14 Voll’s Acupuncture Allergy Points 168

Figure 15 Neurovascular Emotional Testing Points 171

Figure 16 Therapy Localization (TL) to Test the
Ileocecal Valve (ICV) 178

Figure 17 Therapy Localization (TL) – Testing for
Weakness Under the Feet, Hands, and the
Sides of the Head 202

Figure 18 Voll’s Acupuncture Jaw Measurement Points 212

Figure 19 Tooth Chart Using American Nomenclature 213

Figure 20 Dr. Rau’s Compiled and
Expanded Dental Chart 214-215

Figure 21 Testing Planes of Consciousness 221

Figure 22 Ascending Planes of Consciousness 222

Figure 23 Testing Brain Stem 226

Figure 24A Testing for Toxins Out Crown Chakra –
Palm Down 236

Figure 24B Testing for Toxins Out Crown Chakra
Transmuted – Palm Up 236

Appendix C

Letter from Dr. Michael A. Baylin



Karen was one of the more unusual patients seen in our pain practice. To say she was keenly aware of her body and how it was being “attacked” is an understatement. She challenged my many years of understanding pain patients and opened my eyes to new diagnostic and treatment possibilities.

When treatment began, she was very ill and very desperate. Because she would do almost anything to resolve or reduce her symptoms, I needed to be particularly careful and sensitive about treatment suggestions. At all times, Hippocrates’ creed was in the back of my mind: “Above all, do no harm.”

Karen was very toxic from what proved to be the effects of electromagnetic disturbances and microbial infections. Her toxicity levels were measured objectively to be from extreme to severe. Systematically she addressed these factors as well as an underlying structural or musculoskeletal imbalance and heavy metal toxicity.

Her persistence in wanting to get well paid off. The uncontrollable tremors, twitching, jerking and spasms eventually resolved due to her resolve. Karen’s story will open a lot of eyes and pose a lot of questions that may open up treatment possibilities for others.

May she continue to experience good health and maintain the fond memories of her beloved partner.

Sincerely,

Michael A. Baylin, D.D.S., D.A.A.C.P., D.A.A.P.M.

Appendix D

E-Letter



Keep up-to-date on the latest information about the Energems and healing methods by signing up for the e-newsletter, “Gems.” Send an e-mail to Gems@Energems.com.

Any questions about the Energems or any other information in this book can also be sent to that address and, if appropriate, will be answered in the “Gems” e-newsletters.

Index



A

acupuncture points,

- causal chain testing and, 124–125, 211
- Control Measurement Points (CMPs), 124–125, 133, 164–165, 166–168 figs., 169
- energetic vibration measurements with electro-acupuncture device, 99–100
- for jaw section testing, 211, 212 fig.
- K27 (clavicle/collarbone), 97, 98 fig.
- meridian alarm points, 85, 133, 158, 159 fig., 160 fig., 161
- meridian allergy points, 133, 165, 168 fig.
- organs and our emotions, 71, 173
- See also* electro-acupuncture
- acupuncture treatment, 34
- weakness under the feet and, 200

Adler, Alfred, 174

adrenal glands,

- nutrients for, 140
- reptilian brain and, 197
- affirmations, 249–250, 356
- See also* Life Force Aphorisms (LFAs)

agate, 241

air pollution

- as an atmospathic toxin, 272
- as core toxin, 205
- LFAs for clearing toxins, 252
- satellite radio toxins and, 279

AK. *See* Applied Kinesiology (AK)

Akashic Records, 66, 356

allergies

- acupuncture meridian allergy points, 133, 165, 168 fig.

Glyoxylide 6X remedy, 62

to the earth. *See* geopathic stress

amalgam/mercury fillings. *See under* dental problems

AMAS blood test. *See* Antimalignin Antibody in Serum (AMAS)

American Society of Dowsters, 370

amygdalin/Laetrile therapy, 9–11, 324

anencephalus, and HGF levels, 297

anencephaly, 365

Angels Don't Play This HAARP: Advances in Tesla Technology, The Video, 285, 362

anger/rage, 189–190

as covert atmospathic toxin, 273

as Double Grid covert toxin, 321

Curry Grid testing and, 329, 332

paired organs relationship to, 173

VBK testing of Virginia home and, 322, 333

Animal/Pet (Energem-A), 271, 278

anti-aging formula, 144

Antimalignin Antibody in Serum (AMAS), 30, 370

Apex Energetics, 365

aphorisms. *See* Life Force Aphorisms (LFAs)

Applied Kinesiology: A Training Manual and Reference Book of Basic Principles and Practices (Frost), 90

Applied Kinesiology (AK), 24, 33, 85, 171 fig., 171, 235, 237

Applied Physiology Nutritional Energy Reflex Point Chart, 366

Archer, Victor E., 294–298

Arsenicum 200X, 115

ART. *See* Autonomous Reflex Test (ART); Vega Autonomic Response Testing (ART)

arthritis, and disturbed pancreas, 120

Aschoff, Dieter, 311

Astral Plane, 66, 70, 72, 221–222 figs., 223, 336, 338

defined, 356

atmospathic, defined, 357

atmospathic toxins, 64, 68, 234, 272–273, 309–310, 319

atmospathic vials, 242

auric field, 357

Aurum Metallicum 200X, 115, 335

Autonomous Reflex Test (ART), 24, 99, 298, 305

B

Bachler, Kathe, 305, 308–313, 325, 362

bacteria

as an atmospathic toxin, 272

as scavenger toxin, 205

Band-Aid LFAs

Grounding LFA, 254

Moving Forward LFA, 254

base chakra, 40, 71, 76, 155–6 fig.

defined, 357

nadis and, 175

related glands and organs, 154

reptilian brain and, 197

Basika (quartz), 241

Becker, Robert O., 266, 283, 362

Begich, Nick, 284, 285, 362

Behavioral Kinesiology (BK) testing, 161, 162–163 figs., 164, 368

belief systems

discerning the truth/from deceit, 231

fundamental laws (17-word), 84

Karen's former religion and, 220, 229–232

karma and lesson-based, 80

See also God; and *headings beginning with the term spiritual*

belly/navel testing, 97, 98 fig.

Besant, Annie, 338

Beyond Amalgam: The Hidden Health Hazard Posed by Jawbone Cavitations

(Stockton), 218–219, 362

BK testing. *See* Behavioral Kinesiology (BK) testing

BK—Behavioral Kinesiology: The New Science for Positive Health Through Muscle Testing (Diamond), 161

bladder

acupuncture Control Measurement Points, 166 fig.

acupuncture meridian alarm point, 159 fig.

and emotional points, 171

and related emotions, 173

nutrients for, 140

organ test vial, 105

See also organs

Blocked=Weakness vial, 239

blocked areas, testing, 238–239

blood polarity, counterclockwise or abnormal, 45, 298

blood testing

Antimalignin Antibody in Serum (AMAS), 30, 370

erythrocyte sedimentation rates, 29–30, 311, 314

for Lyme's disease, 31

The Body Electric (Becker and Selden), 266, 362

brain

left-brain vs. right-brain dominance, 161

nutrients for, 140

testing, 161, 163 figs., 164

See also reptilian brain

brain stem

Neural Kinesiology testing and, 225

- testing position, 226 fig.
See also reptilian brain
- brain tumors
 and Don's fall, 16
 Don's illness and treatment, 8, 9
 fruit-kernel preparations and, 9–10
 Laetrile IV (intravenous) therapy, 9–10, 324
- brow chakra, 154, 155–157 fig., 175, 184, 224
- C
- Calcareo Carbonica 30X, 134, 136
- Calcium Carbonicum 1X, 241
- calcium deficiency, 134, 138 fig., 140, 218
- cancer
 alternative healing therapies, 8–11
 antimalignin, test for, 30, 370
 Carnivora and, 16
 counterclockwise blood polarity and, 45, 298
 causes of, 311
 deaths, by type of cancer, 294
 electromagnetic fields and cancer rates, 266
 frequency generator therapy, 12–14
 geopathic stress linked to, 25, 293–298, 303, 311, 312
 isometric cancer death rates, 294
 Laetrile therapy, 9–11, 324
 oxidation system and, 61–62
 prevention with enzymes, 144
 Viscum Album (mistletoe) treatment, 67, 324
 Viscum Album 60X vial for testing for, 67, 324
See also kidney cancer
- The Cancer Cure That Worked: Fifty Years of Suppression* (Lynes), 12
- candida yeast infections, 206
- Car (Energem-C), 271, 279–280
- Carcinosinum 200X, 115
- cardiac infarcts, 120
- Carnivora (immune system enhancer), 16
- causal chain testing
 of acupuncture points, 124–125
 of organs, 119–124, 123 fig.
- Causal** Plane, 66, 220, 221–222 figs., 223, 224
- Cavitat
 exam, 211, 220
 information, 370
- cavitations, 27, 32–34, 210, 211, 216, 217
- cell phones, 64–65, 246–247, 274–275
- chakras
 cross-testing of, 133
 defined, 357
 and emotions, 183–186
 as lotuses, 76
 nadis (energy channels), 175
 testing, 85, 153–154, 155–157 figs.
See also base chakra; brow chakra; crown chakra; heart chakra; sacral chakra; solar plexus chakra, throat chakra
- chemicals, as core toxin, 205
- Chromium in potency, 104
- Chromium, 136, 138–9 fig.
- chronic fatigue syndrome, 289, 303
- clavicle/collarbone (K27 acupuncture point), 97, 98 fig.
- cleansing and drainage, 233–238
 homeopathic drainage, 81
 “in the clear” test, 105–106, 237
- CMPs. *See* Control Measurement Points (CMPs)
- colon/large intestine,
 acupuncture Control Measurement Points, 167 fig.
 acupuncture meridian alarm points, 159 fig.
 and related emotions, 173
 nutrients for, 140
 organ test vial, 105
 therapy localization and, 108 fig.
See also organs
- Conception Vessel (CV), 158, 159 fig.
- consciousness of the problem, 128
- constitutional homeopathy, 80–81, 267, 357
- Control Measurement Points (CMPs), 124–125, 133, 164–165, 166–168 figs., 169

allergy points chart, 168 fig.
defined, 357–358
foot points chart, 166 fig.
hand points chart, 167 fig.
Core=Weakening vial, 239
core toxins, 111
defined, 358
primary, listing of, 205
radiation and Karen's illness, 71
releasing, 206
Cosmic Polarizer, 12–15
cosmic radiation, 302
covert emotions testing, 63, 173–175,
190–191
covert toxins, 273
Cowan and Arnold, 299
Cowan and Girdlestone, 283, 299–300,
303, 310
Crane, John, 12–13, 14
*Cross Currents: The Perils of
Electropollution, The Promise of
Electromedicine* (Becker), 283, 362
cross-testing, 132–133
defined, 358
for electromagnetic and geopathic
stresses, 242
foods to organs, 146–148
for GEEL miasms, 336
of immune system, 239
crown chakra (CC), 76, 155–7 fig.
blocking release of toxins from, 42
related glands and organs, 154
releasing transmuted toxins out of
the, 42, 235, 237
scavenger toxins and, 210
testing position, palm down, 236 fig.
testing position, palm up, 236 fig.
Cuprum Met 800X, 241, 320
Curry Grid (CG; or Net)
defined and described, 25, 301–302
expanded, testing for sources of, 322–
323, 325–331
geopathic stress and, 302, 305, 311
overt/covert toxins, 331–332
testing for, 298, 302
of Virginia home, 46–47

See also Geopathic Emotional Earth-
Link (GEEL) Miasms
Curry, Manfred, 301, 305, 311

D
dead toxins. *See* core toxins
*Deadly Deceit: Low Level Radiation, High
Level Cover-Up* (Gould and Goldman),
362
“Dental Energem,” 219
dental focus, 210, 213, 214–215, 358
dental information, 370
dental chart relationships, 214–215 fig.
jaw measurement points, 212 fig.
dental materials
amalgam/mercury fillings, 44, 72,
117, 179, 206, 207, 213, 216
as core toxin, 205
dental chart relationships, 214–215 fig.
gold or metal bridges and, 32
manmade materials, 219
partial and non-metal bridge, 48
“Primary Cleansing LFA” and, 219–
220
dental problems, 27, 32–34, 52–53, 205–
220
biopsy results/“toxic,” 38
cavitations, 27, 32–34, 210, 211, 216,
217, 370
energetic relationships, 31–32
focal disturbances, 210
injections for treatment of, 213–216,
220
root canals, 27, 52, 205, 206, 210, 216,
218–219
teeth extractions, 38–39, 52–53, 220
See also jaw and teeth points
detoxification, 83, 85–86
See also Life Force Aphorisms (LFAs);
mercury detoxification; cleansing and
drainage
Devereux, Paul, 299, 300
DG. *See* Double Grid (DG)
Diamond, John, 90, 94, 101, 161, 164,
182, 368
diet, 150–151

- See also* food testing
- digestive aids, nutrient testing using vials, 134, 136–137
- digestive enzymes deficiency, 141
- Doctor's Secrets: The Road to Longevity* (McLeod and White), 144
- Don's illness
- adrenal hormone treatment, 17
 - alternative healing in German clinic, 16–17
 - alternative healing in Tijuana clinic, 8–11, 144
 - brain tumors, 8, 15, 16, 45, 67
 - cancer prevention, 144
 - death and dying, 20, 51, 73–74
 - falling from “stroke” or brain tumors, 15, 16
 - family history of cancer, 8–9, 62, 67, 144, 295–296, 341
 - fear of cancer, 67–68, 70, 71
 - frequency generator (FG) therapy, 12–14
 - geopathic stress testing and, 314–316
 - immune system attacked, 7
 - Karen's reflections on, 342–345
 - kidney cancer/tumor diagnosis, 8, 45, 67, 70–71, 295
 - kidney surgery, 10
 - Laetrile IV therapy, 9–10, 324
 - postmortem energetic testing, 62–63, 65
 - seizures, 16, 19, 45, 70
 - “signs” of Don's death, 15
 - skiing accident and recovery, 6–7, 60, 308–309
 - spiritual awakenings, 18–19
 - spiritual learning and growth, 51–52, 54
 - strong constitution before illness, 44–45
- Double Grid (DG)
- defined, 25, 302, 358
 - overt/covert toxins, 321
 - testing for, 298, 302, 320–322
 - of Virginia home, 45–47
- Down's syndrome, radiation and, 297–298
- dowsers and dowsing, 45, 293, 310, 314–315, 317, 320, 370
- Dr. Nieper's Revolution in Technology, Medicine, and Society* (Nieper), 25, 293, 363
- drainage. *See* cleansing and drainage
- dreams
- of cars as metaphors for our bodies, 342–343
 - of divorcing Don, 53
 - dying and “letting go,” 73–74
 - foretelling Don's death, 15, 36
 - hurrying to get away, 43
 - of mouth problems and MS, 26, 30
 - warning of danger, 16
 - warning of danger in the home, 42–43
- E
- Earliest Recollection (ER), 173–175, 337
- earth energy, 283, 303, 309
- Earth Energy, defined, 358
- “Earth Energy” (EE) Life Force Aphorism, 255
- Earth Radiation* (Bachler), 305, 311, 327, 362
- EAV. *See* Electro-Acupuncture According to Voll (EAV)
- EE. *See* “Earth Energy” (EE) Life Force Aphorism
- “Effective/Treat” vial, 336
- Electrical&Telephone (Energem-E&T), 243, 273–275, 282, 304, 319
- electro-acupuncture, 24, 32, 34, 99
- Electro-Acupuncture According to Voll (EAV), 32, 43, 100
- electromagnetic fields/frequencies (EMFs), 103, 240, 241, 358
- and cancer rates, 266
 - and leukemia rates, 266–267
- See also* electromagnetic stress
- Electromagnetic Man: Health & Hazard in the Electrical Environment* (Smith and Best), 362
- electromagnetic stress
- accurate testing in a “safe” area, 242–243

- as core toxin, 205
- defined, 25
- how to test home or office, 243–245
- neutralizing with an Energem, 240–241
- test vials, 104, 240
- testing, 240–247
- See also* electromagnetic fields/frequencies (EMFs)
- electropollution, 266, 283
- ELF (extremely low frequency) waves, 266, 285, 294
- Elixir (Energem-X), 273, 304
- EMFs. *See* electromagnetic fields/frequencies (EMFs)
- Emotional Layer (Layer II), 119, 172, 336
- emotional points
 - bladder meridians and, 171
 - cross-testing food to organs, 147
 - cross-testing of, 133
 - ileocecal valve (ICV) testing and, 176–177, 178 fig.
 - neurovascular emotional testing points, 171 fig., 171
 - stomach meridian and, 171
- emotional stresses, 60, 67, 86, 170–195
 - “accepted emotions” (ie. sadness and grief), 173
 - alleviating temporarily, 172
 - anger/rage, 173, 189–190
 - causes and physical symptoms, 191–195
 - chakras and, 183–186
 - covert/negative emotions (ie. fear, guilt, anger), 173–175, 190–191
 - Curry Grid testing and, 328–329
 - feeling emotions/cuts as sign of, 185–186
 - God’s perspective, 195
 - holding onto/not letting go of emotions, 179
 - listening to our bodies, 179
 - male and female sides of the body, 175–179
 - moving backwards, 199–201
 - organs and related emotions, 173
 - and other’s emotions, 188
 - and physical well-being, 186–187
 - recognition of, 179–182
 - recollecting “covert” emotions, 173–175, 337
 - releasing emotions from the body, 188
 - relevant emotional issue, 172
 - resolution of the problem vs. taking remedies, 187–188
 - statements testing the “truth,” 183
 - staying in the moment/moving forward, 199
 - suppressing emotions, 174, 180, 184
 - testing for, 171–173, 171 fig.
 - testing of homes for, 329–334
 - thought-forms, 337–338
 - voicing your emotions, 182
 - weakness under the feet and, 203
- Emotions, 170–195
- Emoto, Masaru**, 363
- Enerdiscs, 280–282
 - development of, 271
 - Enercleanse Enerdisc, 281
 - Energizer Enerdisc, 281
 - Entertox Enerdisc, 281
 - placement of, 282
 - Scavenger Enerdisc, 281
 - Sun Enerdisc, 210, 271, 281
 - for toxic ping pong effect prevention, 234
 - Water Enerdisc, 281
- Energem products
 - Animal/Pet (Energem-A), 271, 278
 - Car (Energem-C), 271, 279–280
 - Electrical&Telephone (Energem-E&T), 243, 273–275, 282, 304, 319
 - Elixir (Energem-X), 273, 304
 - evolution of products, 271
 - Food+ Purifier (Energem-F+), 142, 145, 149, 151, 152, 275–277, 289, 304
 - Gasoline Engines (Energem-G), 271, 280
 - initial product testing, 270
 - Personal Protector (Energem-P), 153, 228, 271, 277–278, 280, 289

See also Enerdiscs

Energems

cell phone testing, 246–247
 current research, 282–283
 “Gems” (e-newsletter), 373
 geopathic stress neutralization, 317–321
 home or office testing, 245–246
 for homes, placement on vortex area, 326–327
 and Karen’s life’s mission, 72
 Lightning Protection Systems (LPSs) and, 26, 41, 316
 for neutralizing toxins, 26, 47, 234, 271, 310, 317–321
 origins of the company, 72
 purpose of the, 271
 and rights of others, 84
 testimonials to power of the, 286–291, 340
 Web site, 99, 233
 Energetic Evolution, 80
 Energetic Life Force Aphorisms. *See* Life Force Aphorisms (LFAs)
 Energetics, defined, 358
 Energetics Fulfillment Company, 364
 Energetics International, Inc. (EII), 68, 226; Web site, 233
 Energized Discs. *See* Enerdiscs
 Energized Gems. *See* Energems
 “entrainment,” 252
 Equilibrium, 137, 365–366
 ER. *See* Earliest Recollection (ER)
 Erythrocyte Sedimentation Rate, 29–30, 311, 314
 essences, 81, 103
 for toxic ping pong effect prevention, 234
 See also Enerdiscs
 Etheric Plane, 180, 221–222 figs., 223, 224, 229, 358
 evolution
 of reptilian brain, 197
 staying in the moment looking/
 moving forward, 199
 weakness under the feet and, 198–199

F

fear

Curry Grid testing and, 329, 332
 in Karen’s life experiences, 232, 333
 paired organs relationship to, 71, 173
 VBK testing of Virginia home and, 322, 333

feelings. *See* emotional stresses; emotions
 feet

Control Measurement Points, 166 fig.
See also weakness under the feet

female/male

and food testing, 179
 neurovascular emotional points, 171
 fig, 176
 relationships, 179
 sides of the body, 175–179
 yin/yang nadis, 176

Ferrum Metallicum 12X (“Effective/Treat”) vial, 104, 336

FG. *See* frequency generator (FG) therapy
 fight-or-flight response, 197

Flachenegger, Arnold, 325

focusing on the problem, 128

Food+ Purifier (Energem-F+), 142, 145, 149, 151, 152, 275–277, 289, 304

food additives and preservatives, as core toxin, 205

food testing, 145–146

beneficial foods, 148
 cross-testing foods to organs, 146–148

dairy relates to female issues, 147, 179
 and diet, 150–151

electromagnetic stresses and, 268

for food categories, 149–150

fruit relates to male issues, 179

geopathic stress and, 323–324

grains (wheat to chaff) and oneself, 147, 179

meat/proteins in the diet, 150–151

microwaved foods, 276–277

foot. *See* feet

Franke, Herman, 309

frequency generator (FG) therapy, 12–14

Freud, Sigmund, 174

Frost, Robert, 90

fungus/yeast

- as an atmospathic toxin, 272
- as a new electrical system toxin, 269
- as a scavenger toxin, 205
- yeast infections, 205, 206

Futureplex Antitox formulas, 365

G

gallbladder

acupuncture Control Measurement Points, 166 fig.

acupuncture meridian alarm point, 159 fig.

and related emotions, 173

causal chain and, 121, 122, 123 fig., 124, 125, 313

geopathic stress and, 313

nutrients for, 140

organ test vial, 105, 121, 122

See also organs

Gasoline Engines (Energem-G), 271, 280

GEEL. *See* Geopathic Emotional Earth-Link (GEEL) Miasm

gems, use of, 282

“Gems” (Energems e-newsletter), 373

“geobiology,” 292

geomagnetic field, 358

Geopathic Emotional Earth-Link

(GEEL) Miasms, 203, 308, 330, 334–339

geopathic stress, 292–339

accurate testing in a “safe” area, 242–243

as core toxin, 205

defined, 25, 64, 292

diagnostic laboratory testing research, 313–314

and Don’s kidney cancer, 63, 68, 295

food testing and, 323–324

health and healing and, 170, 303–314

how to test home or office, 243–245

illnesses related to, 294–298

indicators of, 325

infrared frequencies and, 200–201, 305–308

neutralizing with an Energem, 241–242, 317–321

physiological effects of, 309

research and testing methods, 47–48

sources of, 298–302

test vials, 104, 118, 240, 241

testing, 240–247

testing in toxic areas, 314–317

vegetation and, 323–324

in Virginia home, 45, 46, 64, 315–317

See also Curry Grid; Double Grid;

Global Grid; Hartmann Grid

Gerber, Richard, 45, 298, 310, 337, 363

Germany

Clinic, 16–17

geopathic stress research, 25, 293–294

Mucos Pharma for enzymes, 144

gHP, *See* SomaLife gHP

Global Grid (GG) lines, 298, 299, 301–302, 358

See also Curry Grid (CG); Double Grid (DG); Hartmann Grid (HG)

Glyoxylyde, 62

God

asking for protection before sleeping, 229

going directly to God, 228

for help and guidance, 228

perspective on emotional issues, 195

Goldman, Benjamin A., 362

Goodheart, George, 101

Gould, Jay M., 362

Governing Vessel (GV), 158, 160 fig.

Graves, Tom, 299

greed, as covert atmospathic toxin, 273

grid lines. *See* Global Grid, Curry Grid, Double Grid, Hartman Grid

grief and grieving, 21, 71, 180

Curry Grid and, 332

paired organs relationship to, 173

Ground Wave Emergency Network (GWEN), 283, 357

“Grounding” Life Force Aphorism, 199, 204, 233, 254

guilt,

as covert atmospathic toxin, 273

Curry Grid and, 332
 GWEN. *See* Ground Wave Emergency Network (GWEN)

H

HAARP. *See* High Frequency Active Auroral Research Program (HAARP)

hands

meridian allergy points, 168 fig.
 Control Measurement Points, 167 fig.
See also under the hands

Hartmann, Ernst, 301

Hartmann Grid (HG)

defined and described, 25
 geopathic stress and, 300, 301, 302
 yin and yang force fields, 303–305

hate, as covert atmospathic toxin, 273

Hawkins, David R., 91

Hay, Louise, 194

headaches, 208–209

Heal Your Body (Hay), 194

heart

acupuncture Control Measurement Points, 167 fig.
 acupuncture meridian alarm point, 159 fig.
 causal chain relationship with pancreas, 120
 nutrients for, 140
 organ test vial, 105
 and related emotions, 173
 therapy localization and, 108 fig.
 Vitamin E and, 142
See also organs

heart chakra, 65, 155–157 fig.
 as chakra of love, 164
 emotions testing (feel/say/see) and, 183–184
 related glands and organs, 154
 and thymus gland, 164

Henshaw, Denis, 310

The Hidden Messages in Water (Emoto), 363

High Frequency Active Auroral Research Program (HAARP), 284–285, 294, 356

high-tension lines, effects on health, 12

Higher Soul Planes, 221–222 figs.

Holes in Heaven? A Documentary:

HAARP... (video), 285, 363

homeopathic drainage. *See* cleansing and drainage

homeopathic pharmacies, 103

homeopathic remedies, 81, 103

for emotional stresses, 187–188

Glyoxylide, 62

Malonide, 62

for miasm treatment, 116

Parabenzoquinone (PBQ), 62

Phosphorus 10M, 43–44

for releasing scavenger toxins, 210

for toxic ping pong effect prevention, 234

for toxins, 113

See also Vega test vials

homeopathy

constitutional, 80–81, 267, 357

defined, 359

training, 369

Homeovitic/Hobon remedies, 366

homes

bedrooms with pathogenic zones, indicators of, 312–313

Colorado (Snowmass) studio apartment, 6, 22, 49–50

Colorado (Steamboat Springs) lake home, 22–23, 317

geopathic stress neutralization with Energems, 317–321

moving to new home, 185–186

Switzerland (Verbier) studio apartment, 23, 61

Virginia home toxins, 6, 14, 332

air conditioner filter cleaning, 19

Curry Grid and emotions, 329,

332, 333

electrical system toxins, 15, 26

lightning protection system (LPS), 40–41, 47, 63, 68, 69–70, 238, 316

moving and selling of, 22–23, 38, 317

radon monitoring, 47

research into causes of, 265, 314–317
 toxicity of bedroom, 28, 36, 40–41, 238, 308–309, 312–313
 VBK testing, 45–47, 317–318, 322–323
 horizontal geomagnetic flux (HGF), 295–297, 359
HU singing, 19
 Human Growth Hormone (HGH), 144
See also SomaLife gHP
 hydrochloric acid
 deficiency, 141
 supplementation, 141–142
 test point chart, 138–139 fig.
 Hypericum (St. John's Wort), 267, 268, 270
 Hypothalamus 800X, 104

I

ICV. *See* ileocecal valve (ICV)
 ida nadis channel, 175, 176, 196
 ileocecal valve (ICV)
 emotional point testing and, 176–177, 178 fig.
 organ test vial, 105
 therapy localization and, 107 fig.
 immune systems, 239, 266, 303
 “in the clear” test, 105–106, 237, 359
 infrared ray (IR) frequencies, 200–201, 305–308, 359
 insecticides
 as an atmospheric toxin, 272
 as core toxin, 205
 Intellectual Plane. *See* Mental Plane
 interferences, 224–233
 covert programming/toxins, 128, 232
 intentional vs. unintentional, 224
 manipulation, 224
 outside and weakness under the feet, 198, 203
 “overlying” of someone else's energy, 227–228
 programming and mind control, 224, 229–232

reptilian brain and, 224–225
 rickettsia as scavenger of, 233
 sources of, 226–229
 Interferon 30X, 239
 International College of Applied Kinesiology (ICAK), 142, 369
 intestines, *See* colon/large intestine and small intestine
 Intox I (primary key toxin)
 and nutrient testing, 142
 test vials, 110–113
 testing for, 24–25, 110–113, 114 fig.
 Intox II (secondary toxin), testing for, 113, 114 fig.
 Intox III (miasms), 115–118, 193–194, 335, 336
 Intox vials, 24–25, 110–118
 IR. *See* infrared ray (IR) frequencies

J

jaw and teeth points
 cross-testing of, 133
 dental chart relationships, 214–215 fig.
 jaw measurement points, 212 fig.
 testing, 210–220
 jaw/dental problems. *See* dental problems
 joints, causal chain relationship with
 pancreas, 120
 joy, paired organs relationship to, 173
 Jung, Carl, 174

K

Karen's illness
 arthritis diagnosis, 192
 chiropractor treatment, 31, 34
 consults with energy systems
 consultant (Rose), 39–45, 51–52, 63, 72, 179–182
 diagnostic testing, 34–35
 empathy with Don's illness, 52
 grieving for Don/acceptance of Don's death, 21, 71, 73–74, 186
 health club training, 50
 medical diagnostic testing, 5–6

- MRI testing, 5
- multiple sclerosis (MS), suspicion of, 5, 26, 30, 31
- neurologists response to, 6, 29, 30–31
- onset of, 28–29
- recovery of health, 50–51, 53–54, 82
- reflections on growth from healing experience, 342–345
- symptoms of, 28–30, 313
- truth, responses to hearing, 53, 181–182
- See also* dental problems
- Kelly, William Donald, 301
- Kennedy, Jackie**, 35
- Kenyon, Julian, 302, 303
- kidney cancer, 8, 45, 67, 70–71, 295
- kidneys
 - acupuncture Control Measurement Points, 166 fig.
 - acupuncture meridian alarm point, 160 fig.
 - acupuncture meridian and ICV, 177
 - causal chain testing and, 123 fig.
 - Curry Grid testing and, 328
 - nutrients for, 140
 - organ test vial, 65, 105, 121, 122
 - and related emotions, 173
 - therapy localization and, 109 fig.
 - See also* organs
- kinesiology testing**
 - training, 368–369
 - See also* Applied Kinesiology (AK); Behavioral Kinesiology (BK) testing; Neural Kinesiology; testing; Vega BioKinesiology (VBK) method
- Klamath Blue Green Algae, 143, 367
- Klinghardt, Dietrich, 216, 368
- Koch, William F., 61–62
- Kopp, Josef A., 292, 305
- Krebs, Charles, 137
- kundalini (energy force), 37, 184, 190, 359
- L**
- Laetrile therapy/amygdalin, 9–11, 324
- large intestines, *See* colon/large intestines
- Leadbetter, C. W.**, 338
- LEES. *See* Life Evolving Energetics System (LEES)
- Lehr, Carol, 90
- leukemia, childhood, 266, 267
- Levy, Susan L., 90
- Ley lines, 299, 300
- LFAs. *See* Life Force Aphorisms (LFAs)
- Life Evolving Energetics System (LEES), 79, 129, 260
- Life Force=Weakening vial, 239–240
- Life Force Aphorisms (LFAs), 79–86, 248–260
 - affirmation-type, 253–254
 - affirmations vs., 249–250
 - aphorisms, defined, 356
 - defined, 248, 359
 - frequency of saying, 250
 - making your own, 250–251
 - negating, 251
 - specific uses of, 251–253
 - wording is critical, 248
 - “Earth Energy,” 255
 - “Grounding,” 199, 204, 233, 254
 - “Moving Forward,” 199, 204, 233, 254
 - “Primary Cleansing,” 219–220, 237, 256–259
 - “Toxin-Clearing,” 113, 169
- life force testing, 239–240
- Life-Work Potential, 366
- lightning protection system (LPS), 26, 40–41, 47, 63, 68–70, 234, 242, 316
 - neutralizing with an Energem, 319
- listening to our bodies, 179
- Lithium Carbonicum 30X, 60X, 104, 240
- liver
 - acupuncture Control Measurement Points, 166 fig.
 - acupuncture meridian alarm point, 159 fig.
 - nutrients for, 140
 - organ test vial, 105, 121
 - and related emotions, 173
 - therapy localization and, 108 fig.

- toxins. *See* scavenger toxins
See also organs
- Livingston, Virginia, and San Diego clinic, 150
- lotus flowers, 1–2, 75–76
- LPS. *See* lightning protection system (LPS)
- lungs
 acupuncture Control Measurement Points, 167 fig.
 acupuncture meridian alarm points, 159 fig.
 nutrients for, 140
 organ test vial, 105, 122
 and related emotions, 173
 therapy localization and, 107 fig.
See also organs
- Lyme disease, 31
- lymph glands, therapy localization and, 108 fig.
- lymphatic system, 62, 167 fig.
- Lynes, Barry, 12
- M
- magnetic flux, 359
- male/female
 food testing and, 179
 and ICV, 176
 neurovascular emotional points, 171 fig, 176
 relationships, 179
 sides of the body, 175–179
 yin/yang nadis, 176
- malice, as covert atmospheric toxin, 273
- Malonide, 62
- Manganum 30X, 104
- manipulation, 224
- Manning, Jeane**, 284, 285
- Martina, Roy, 100
- Maybury, Richard, 84
- McLeod, Donald, 144
- medical advice and treatment, 82, 141
- Medorrhinum 200X, 115
- Meinig, George, 219
- Mental and Spiritual Plane** (Layer III), 119
- Mental Plane, 66, 221–222 figs., 223, 224, 228
- The Merck Manual of Diagnosis and Therapy*, 6
- Mercurius Sol. 200X, 115
- mercury detoxification, 44, 72, 117, 207
- mercury excretion test, 179
- mercury toxicity, 206
- Mersmann, Ludger, 309
- Merz, Blanche**, 292, 300–305
- mesenchyme, 359
- miasms, 115–118
 defined, 360
 homeopathic treatment, 116
 inherited vs. acquired, 115–116
 TB miasms, 193–194
 testing for, 116–117
See also Geopathic Emotional Earth-Link (GEEL) Miasms
- microwave ovens**, 234, 276–277
- microwave towers/microwaves, 26, 64, 65, 234, 244
- Milham, Sam, 266
- mind control, 224, 228, 229–232
- minerals
 best taken on an empty stomach, 141
 nutrient testing using points, 138–139 fig.
 nutrient testing using vials, 134, 135–136
See also nutrients
- The Miracle of Antioxidants* (McLeod and White), 144
- Mistletoe. *See* Viscum Album 60X (mistletoe)
- Mortal Oscillatory Rates (MORs), 12
- Mother Earth**, 175
- moving backwards/moving forward, 199–201
- “Moving Forward” Life Force Aphorism, 199, 204, 233, 254
- MRI (magnetic resonance imaging), 5–6
- MS. *See* multiple sclerosis (MS)
- Mucos Pharma GmbH & Company (Germany), 144, 368

multiple sclerosis (MS), 5, 26, 30, 31, 303
 muscle testing techniques, 24, 91
See also Applied Kinesiology (AK);
 Behavioral Kinesiology (BK); Neural
 Kinesiology (NK); Vega
 BioKinesiology (VBK) method

N

nadis (energy channels)
 ida, 175, 176, 196
 pingala, 175, 176, 196
 sushumna, 175, 196, 235
 National Center for Homeopathy, 369
 Nerve Degeneration Vessel (NDV), 167
 fig, 267, 270
 Neural Kinesiology (NK), 216–217, 225,
 368
 neurologist, response to Karen's illness,
 6, 29, 30–31
 neurovascular holding points, 171 fig,
 176
 Nieper, Hans A., 25, 293–294, 303, 363
 nosodes
 defined, 360
 testing, 115, 118
 utilization of, 235
 nutrient point chart, 137, 138 fig, 139 fig
 nutrients
 cross-testing and, 133
 for deficiencies, 134
 imbalance with the nutrient, 134
 reverse testing and, 127
 smelling nutrients, 141
 for specific organs, 140
 tasting nutrients, 141
 testing using nutrient points, 85, 127,
 133
 testing using vials, 134–137
 nutritional energy reflex point chart. *See*
 nutrient point chart
 Nux Vomica 200X, 335, 336

O

O-ring testing, 91, 92 fig, 126
 obsession, as covert atmospheric toxin,
 273

Omura, Yoshiaki, 91
 Oncolab, Inc. (Boston), 30, 370
Options: The Alternative Cancer Therapy
Book (Walters), 9, 14
 organ 4X, 237
 organic foods, 150
 organs
 acupuncture Control Measurement
 Points, 166–167 fig.
 acupuncture meridian alarm points,
 158, 159 fig, 160 fig, 161
 causal chain testing and, 119–124
 cause/affect relationships, 120–122
 cross-testing to foods, 146–148
 emotions and yin/yang paired organs,
 173
 low-dose vs. high-dose nutrients and,
 142
 nutrient testing for specific areas, 140
 and related chakra, 154
 test vials, 105–106, 121–122
 testing for toxins, 85, 237
 therapy localization (TL), 106, 107–
 109 figs., 124, 237
 See also names of specific organs
 Ossiander, E. M., 266
 ovaries
 causal chain relationship with pancreas,
 120
 nutrients for reproductive, 140
 organ test vial, 105
 See also organs
 overgrounds, 300–301
 “overlying,” 227–228
 oxidation system, 61–62

P

pain management
 emotions, 170–195
 frequency generator therapy, 13
 and Laetrile IV (intravenous) therapy,
 10
 painful emotions
 as core toxin, 205
 physical symptoms and, 207–208

- See also* emotional stresses
- pancreas
- acupuncture Control Measurement Points, 166 fig.
 - and causal chain, 120
 - and food testing, 146
 - arthritis and, 120
 - causal chain relationship with prostate, ovaries, heart and joints, 120
 - nutrients for, 140
 - organ test vial, 105, 121, 122
 - therapy localization and, 108 fig.
 - See also* organs
- Parabenzoquinone (PBQ), 62
- parasites/nematodes
- as an atmsopathic toxin, 272
 - as a new electrical system toxin, 269
 - as scavenger toxin, 206
- past lives, 176, 223, 224
- pendulum method, 93 fig, 93
- Penzer, Victor, 235, 305, 310, 313–314
- Personal Protector (Energem-P), 153, 228, 271, 277–278, 280, 289
- Petroleum 200X, 115
- Phosphorus 10M, 43–44
- Phosphorus 200X, 115
- Phosphorus 60X, 104, 240, 241, 247
- photographs of home or office, testing
- for electromagnetic or geopathic stress, 243–245
- Physical Plane, 66, 119, 221–222 figs., 223
- Pineal 4X, 229
- pineal gland**
- brow chakra** and, 154
 - Etheric Plane testing and, 224, 229
 - See also* organs
- pingala nadis channel, 175, 176, 196
- Planes of consciousness, 66, 220–224
- Astral**, 66, 70, 72, 221–222 figs., 223, 336, 338
 - Causal**, 66, 220, 221–222 figs., 223, 224
 - cross-testing of, 133
 - Etheric**, 180, 221–222 figs., 223, 224, 229, 358
 - higher** planes, 223, 229
 - higher soul planes, 221–222 figs.
 - lower planes, characteristics of, 223
 - Mental**, 66, 221–222 figs., 223, 224, 228
 - physical**, 66, 119, 221–222 figs., 223
 - testing of each plane, 221 fig., 223–224
- Platinum Metallicum 200X; 800X; 200X, 400X, 800X, 104
- Plumbum 800X, 104
- pollution
- air pollution, 205, 252, 272, 279
 - as core toxin, 205
 - electropollution, 266, 283
- Power Organics, 367
- power points, defined, 300
- Power vs. Force: The Hidden Determinants of Human Behavior* (Hawkins), 90–91
- “Primary Cleansing” Life Force Aphorism, 219–220, 237, 256–259
- Progenitor Cryptocides*, 151
- programming, 224, 228, 229–232
- prostate**
- causal chain relationship with pancreas, 120
 - nutrients for reproductive, 140
 - organ test vial, 105
 - See also* organs
- prostate cancer, Laetrile therapy, 11
- proteins
- in the diet, 150–151
 - headaches and, 208
- proving, 44, 360
- Psorinum 200X, 115
- Q
- quartz, 241, 299
- R
- radiation
- as an atmsopathic toxin, 272
 - cancer death rates and natural radiation, 294
 - as core toxin, 205
 - cosmic radiation, 302
 - Down’s syndrome and, 297–298

- horizontal geomagnetic flux (HGF), 295–297
- negative effects of, 266
- as a new electrical system toxin, 269
- sources of, 118, 265
- radiation toxicity, 43, 63, 70, 71, 266
- radiesthesia, 93, 360
- “Radioactive Energetic Interference”
 - testing, 104, 298–299
- Radium Bromide 1000X, 104, 240, 242, 247, 298–299
- radon, 47, 244, 310
 - Energem research for neutralizing, 282
- Radon Daughters, 297, 360
- rage. *See* anger/rage
- Rau, Thomas, 213–215, 369
- recognition, conscious
 - of emotions/the truth, 179–182
 - of toxins for cleansing, 256–257
- religion. *See* belief systems; *and* *headings beginning with the term spiritual*
- remedies. *See* essences; homeopathic remedies
- Reptilian Brain** 4X, 225
- reptilian brain**, 197–198
 - defined, 360
 - fight-or-flight response and, 197
 - weakness under the feet testing/
 - research, 197, 201, 224, 225, 229, 306–307
 - See also* brain stem
- reverse testing**, 127
 - of acupuncture meridian alarm points, 161
 - of emotions, 174–175
 - of jaw and teeth, 213
 - of nutrients, 127
- rickettsia
 - as an indication of interference, 233
 - as an atmospathic toxin, 272
 - defined, 360
 - as scavenger toxin, 64, 206, 233, 278, 322
- Rife, Royal Raymond, 12, 13, 62, 193
- Root Canal Cover Up* (Meinig), 219
- root canals
 - as core toxin, 111, 205
 - as scavenger toxin, 112, 206
 - Karen’s experience with, 27, 52, 210, 216
 - as scavenger toxin for emotions, 206, 218–219
- Rose (energy system consultant)
 - on anger management, 189–190, 191
 - on chakras, 154
 - communications with Don and Karen, 48–49
 - consults with Karen, 37, 39–46, 51–52, 63, 72
 - contact with Karen’s deceased husband/Don, 39, 72, 73
 - on earth as “Great Being,” 329
 - on emotional well-being/“shaking off” emotions, 186–187
 - on “entrainment,” 252
 - on infrared frequencies, 307
 - on interferences and “overlying,” 226, 227
 - Karen’s testimonial, 344–345
 - on recognition of emotions, 179–182, 184
 - on toxins moving through the body, 252
 - VBK testing of, 42, 82
 - on vortex systems, 327–328, 330, 338
- S
 - sacral chakra**, 65, 66, 70, 155–156 fig.
 - Curry Grid testing and, 328
 - and ileocecal valve (ICV), 177
 - related glands and organs, 154
 - sadness, 173, 180
 - Curry Grid and, 329, 332–333
 - paired organs relationship to, 173
 - Safe as Houses?* (Allen), 283, 310
 - satellite radio toxins, 279
 - satsang groups (spiritual classes), 18, 230
 - Sauerbrush, Dr., 293
 - Scavenger Release Enerdisc, 210
 - Scavenger Release Essence, 210
 - scavenger toxins, 38, 64, 112

- defined, 360
- from emotional stresses, 67
- overload of, 208–209
- primary, listing of, 205–206
- releasing/eliminating core toxins and, 206
- symbiotic relationship with core toxins, 206–208
- TL for overload, 202
- Schimmel, Helmut W., 24, 99, 100, 119–120, 235, 305, 310, 313–314
- Scirrhinum 200X, 115
- Scott-Morley, 302–304, 309
- security alarm systems, 64, 234, 244
- sedimentation rate, *See* Erythrocyte Sedimentation Rate
- seizures
 - caused by toxins, 19
 - homeopathic rescue-type remedy, 19
 - HU singing, 19
- Selden, Gary, 266, 362
- self knowledge/know thyself, 226
- “signs”
 - birds flying, 17–18
 - cuts as symptoms/feeling emotions, 185–186, 191–192
 - of Don shedding his physical body, 73
 - “Get Help” (message from Oprah Winfrey TV show), 29
 - “Passing Cloud” (Tai Chi movement on TV show), 29
 - of radiation poisoning, 70
 - on roof with chisel/detoxing brain or head, 41–42
 - snakeskin and Don’s fall, 15
- Silica 60X, 104, 240
- sinuses,
 - geopathic stress and, 313
 - nutrients for, 140
 - organ test vial, 121
 - See also* organs
- Skillen, Gary, 310
- small intestines
 - acupuncture Control Measurement Points, 167 fig.
 - acupuncture meridian alarm points, 159 fig.
 - nutrients for, 140
 - organ test vial, 105
 - and related emotions, 173
 - See also* organs
- Smith, Cyril W., 362
- solar plexus chakra, 154, 155–157 fig.
- solvents, as core toxin, 205
- SomaLife gHP, 144, 367
- source of the problem
 - consciousness and, 128
 - determining by making statements, 130–132
 - and elimination by neutralization, 130
 - importance of identifying, 129–130, 267
- soy products, avoidance of, 146
- spiritual laws, 84
- spiritual learning/studies, 18, 51–52, 54–55
- spiritual master, 18–19, 55, 80
- Spiritual Plane. *See* Astral Plane; Causal Plane; Etheric Plane; Higher Soul Planes; Mental Plane
- spleen
 - acupuncture Control Measurement Points, 166 fig.
 - acupuncture meridian alarm point, 160 fig.
 - nutrients for, 140
 - organ test vial, 105
 - and related emotions, 173
 - therapy localization and, 108 fig.
 - See also* organs
- Sprinkle, Leo, 174
- Staphage Lysate injections, 213
- Stark, Wolfgang, 308
- staying in the moment, looking/moving forward, 199
- Stockton, Suzin, 207, 219, 362, 367
- stomach
 - acupuncture Control Measurement Points, 166 fig.
 - acupuncture meridian alarm point, 159 fig.

- and emotional points, 171
- geopathic stress and, 313
- nutrients for, 140
- organ test vial, 105
- and related emotions, 173
- See also* organs
- Succinic Acid 200X, 241
- Sulphur 200X, 116
- Sun Energy Enerdisc, 210, 271
- supplements
 - elimination/reduction of, 81
 - glandular, 142
 - hydrochloric acid, 141–142
 - Klamath Blue Green Algae
 - recommended, 143, 367
 - multi-vitamin, 143
 - recommendations, 143–144
 - SomaLife's gHP, 144, 367
 - tasting before swallowing, 145
 - testing for "Effective" and "Well Tolerated," 85, 103, 143
 - Wobenzym N enzymes, 144, 368
- suppressing emotions, 174, 180, 184
- surrogate testing, 96
- sushumna nadis channel, 76, 175, 196, 235, 361
- switching, testing for, 97, 98 fig.
- sympathy, paired organs relationship to, 173
- Syphilinum 200X, 115
- T
- TC. *See* throat chakra
- teeth. *See* dental problems; jaw and teeth points
- telephone lines, geopathic stresses and, 310
- The Terrain is Everything* (Stockton), 362
- test form, 99
- test vials. *See* Vega test vials
- testing
 - acupuncture Control Measurement Points 164–169, 166–168 fig.
 - acupuncture meridian alarm points, 158, 159 fig., 160 fig., 161
 - baseline testing with charts, 125–126, 357
 - blocked areas, 238–239
 - brain hemispheres 161, 163 fig. 164
 - brain stem, 226 fig.
 - causal chain testing, 119–125
 - cell phones, 246–247
 - chakras, 153–154, 155–157 figs.
 - of coils in mattresses, 152–153
 - covert influences on, 128
 - cross-testing for correlations, 132–133, 146–148
 - electromagnetic and geopathic stresses, 240–246
 - emotions, 171 fig.
 - foods and water, 145–150
 - form, 99
 - frequency, 126
 - front vs. back of the body, 127–128
 - of homes for expanded Curry Grid, 325–331
 - of homes for geopathic stresses, 317–321
 - ileocecal valve, 176–177, 178 fig.
 - immune system, 239
 - infrared (IR) frequencies and, 200–201, 305–307
 - interference, 225
 - intox vials, 110–118
 - jaw points and teeth, 212 fig.
 - layer vials, 118–119, 172
 - life force, 239–240
 - location/away from the source, 126, 315–316
 - nutrients, 134–137, 138–139 fig., 141–143
 - organs
 - vials, 105–106
 - therapy localization, 106, 107–109 fig.
 - other items (i.e., clothes, personal items, etc.), 151–152
 - Planes of Consciousness, 221–222 fig., 223–224
 - precautions, 87–88

reasons to test, 89–91
 reverse testing, 127
 self-testing, 91–93, 126
 surrogate testing, 96
 switching, for, 97, 98 fig.
 thymus, 161, 162 fig., 164
 toxins out crown chakra, 235, 236 fig., 237
 under the feet, hands & the sides of
 the head, 201–204, 202 fig., 209–210
 weaknesses from, 99, 106, 127
See also Vega test vials; and *specific types of testing*

testing methods

O-ring method, 91, 92 fig., 126
 pendulum method, 93 fig., 93
 standard/deltoid kinesiology muscle
 testing method, 94, 95 fig., 96
 therapy localization (TL), 106, 107–109
 figs., 124
 by “testee” when testing with charts,
 126

Also see testing

Thie, John, 90

thought-forms, 337–338
 defined, 337

throat chakra (TC), 65–66, 70, 71, 154,
 155–157 fig.

Thuja 200X, 116

thymus gland

nutrients for, 140
 testing, 161, 162 figs., 164
 therapy localization and, 108 fig.

thyroid gland

nutrients for, 140
 organ test vial, 105
See also organs
 therapy localization and, 107 fig.

Tijuana Clinic, 8–11, 144

TL. *See* therapy localization (TL)

Total Body Modification (TBM), 206,
 289, 361

Touch for Health Kinesiology

Association of America (TFHA), 90,
 369

Touch for Health (Thie), 90

toxic metals, as core toxin, 205

toxic ping pong effect, 233

“Toxin-Clearing” Life Force Aphorism,
 113, 169

toxins

causes of, 197

Curry Grid (CG) overt/covert toxins,
 331–332

Double Grid (DG) overt/covert
 toxins, 321

electrical systems and, 15
 electrically transmitted and
 atmospheric, 26

how to test for, 269–270

Intox I (primary key toxin), testing
 for, 24–25, 110–113, 114 fig., 142

Intox II (secondary toxin), testing for,
 113, 114 fig.

Intox III (miasms), 115–118

Intox vials for prioritizing, 110–118

new electrical system toxins, 268–270

sources of, 113, 267, 283–285

See also cleansing and drainage; core
 toxins; detoxification;
 electromagnetic stress; geopathic
 stress; Life Force Aphorisms;
 scavenger toxins

truth

body’s recognition of, 181, 218

testing for deceit, 231

testing with statements, 183

Tuberculinum 200X, 115, 193

U

ultraviolet blood irradiation (UBI)

treatments, 36–38, 307

ultraviolet (UV) frequencies, 307

under the feet testing. *See* weakness under
 the feet

under the hands

See weakness under the hands

underground water

brainwave pattern research, 314

geopathic stress and, 300–301, 305,
 313, 314

UV. *See* ultraviolet (UV) frequencies

V

vaccination toxins, 116–117
 Vaccinum 200X, 116
 Vassilatos, Gerry, 316
 VBK method. *See* Vega BioKinesiology (VBK) method
 Vega Autonomic Response Testing (ART), 32, 67, 103, 267, 305
Vega BioKinesiology (VBK) method
 “covert testing”/of Don postmortem, 62–63, 65, 66
 developments by Martina, 100–101
 Karen’s experience with, 33, 100
 origins of, 24, 99
 testing of friend’s Cape Cod home, 46–47
 testing Rose, 42, 82
 testing of Virginia home, 45, 46, 47
 Vega Geopathic Status Sample vials, 298
 VEGA (German company), 24, 99
Vega test vials
 basic vials, 103–104
 cross-testing of, 133
 Intox vials, 24–25, 110–118
 organ vials, 65, 105–106, 121–122
 testing kits, 25, 103–104, 363–364
 use of, 102–103
 “written” vials, 103
 See also vials
 vegetarian diet, 150
 vegetation, geopathic stresses and, 323–324
 Vegetative-Reflex-Test (VRT). *See* Autonomus Reflex Test (ART)
vials
 for blocked areas testing, 238–239
 Core beneficial foods 4X, 148
 Core beneficial water 4X, 148
 for digestive aids testing, 136–137
 for electromagnetic disturbances, 299
 for energetic radiation-type interference, 104, 298–299
 for GEEL miasms, 335–336
 for geopathic stress testing, 299
 for immune system testing, 239
 Layer vials, 118–119

 for mineral/metal testing, 135–136
 Viscum Album 60X, 67, 324
 for vitamin testing, 135
 See also Vega test vials
Vibrational Medicine: New Choices for Healing Ourselves (Gerber), 45, 363
 viruses
 as an atmospheric toxin, 272
 as a new electrical system toxin, 269
 as a scavenger toxin, 205
 Viscum Album 60X (mistletoe), 67, 324
 Vitamin C, and nutrient testing, 142–143
 Vitamin E, and heart disease, 142
 vitamins
 best taken after each main meal, 141
 vials for nutrient testing, 134, 135
 voicing your emotions/feelings, 182, 194, 218
 Voll, Reinhold, 31, 99, 124, 164, 211, 267
 acupuncture meridian allergy points, 168 fig.
 acupuncture foot CMPs, 166 fig.
 acupuncture hand CMPs, 167 fig.
 acupuncture jaw measurement points, 212 fig.
 Von Pohl, Gustav Freiherr, 293
 vortex systems, 303, 327–328, 330–331, 338–339

W

Walters, Richard, 9, 14
 Walther, Prof., 292
 water testing, 145–146
 beneficial water, 148–149
 charcoal products in water filters, 304
 distilled water, 276–277
 and Energem Food+ coaster, 149
 Energems (X, E&T or Food+), 304
 how to test for toxins, 269–270
 well water contamination and, 304
 weakness under the feet, 170, 190
 acupuncture and, 200
 causes of, 198–199
 cross-testing of points, 133

- cross-testing of points, 133
- defined, 361
- evolution and, 198
- GEEL miasms and, 336
- how to test, 201–204
- infrared frequencies, 200–201, 306–307
- interference and, 224
- moving backwards/not forward, 199–201, 307
- statements of causation for testing, 203
- staying in the moment/moving forward, 199
- testing, 196–204
- therapy localization and, 201, 202
- fig.
- weakness under the hands,
 - cross-testing of points, 133
 - how to test, 209–210
 - overload of scavenger toxins, 208–209
- Web site, Energems/Energetics International, Inc., 99, 233
- well water contamination, 304
- Wesley, J. P., 295, 297
- Whatever Happened to Justice?* (Maybury), 84
- Wheels of Life* (Judith), 154, 196
- White, Philip, 144
- Williams, Louisa, 216
- Wobenzym N enzymes, 144, 368
- X
- X-ray radiation, 282
- Y
- yeast infections, 205, 206
- Your Body Can Talk* (Levy and Lehr), 90, 106
- Your Body Doesn't Lie* (Diamond), 90

Test Form

Name _____ Date _____

Abbreviations: T = Text, F = Figure, Var. = Various, CC = Crown Chakra, Eff = Effective, F&B = Front & Back, F/B = Front/Back, L/R = Left/Right, Lt = Left, LFA = Life Force Aphorism, M. Eff = More Effective, TL = Therapy Localize, Tol. = Tolerated, W. Tol. = Well Tolerated, Y/N = Yes/No,

Page

T- 97 Switched: Yes/No
F- 98

T-195 Under the Feet: Strong/Weak. If weak, try to resolve before proceeding.

F-201	Relates to (Make Statement)	Treat	Relevant Details
	EMF/Geopathic stress	Y/N	_____
	Emotions: Covert	Y/N	_____
	GEEL miasm	Y/N	_____
	Evolutionary:	Y/N	_____
	thinking	Y/N	_____
	doing	Y/N	_____
	saying	Y/N	_____
	reading	Y/N	_____
	taking	Y/N	_____
	outside		_____
	interference	Y/N	_____
	other	Y/N	_____

T-118 Treat: Layer (Strong with Effective vial) I, II, III

Var. Organs weak in front:

(Tested 4X vials pg 105 TL pg T-106, F-107-9; Alarm points pg T-158, F-159) Cause/Source

Page

T-121 Organ(s) head of causal chain(s): _____
F-123

T-110 Intox I: _____ Treat: Yes/No.
F-114

Eff/M.Eff Remedy or LFA: _____ Tol/W.Tol F&B: Y/N.
If no, Tol/W.Tol F&B with drainage: Yes/No.
Source eliminated: Y/N. Toxins out CC: Y/N. Transmuted: Y/N.

T-113 Intox II: _____ Treat: Yes/No.
F-114

Eff/M.Eff Remedy or LFA: _____ Tol/W.Tol F&B: Y/N.
If no, Tol/W.Tol F&B with drainage: Yes/No.
Source eliminated: Y/N. Toxins out CC: Y/N. Transmuted: Y/N.

T-115 Intox III: _____ Treat: Yes/No.

Eff/M.Eff Remedy or LFA: _____ Tol/W.Tol F&B: Y/N.
If no, Tol/W.Tol F&B with drainage: Yes/No.
Source eliminated: Y/N. Toxins out CC: Y/N. Transmuted: Y/N.

T-134 Imbalanced Nutrients (Points or Vials) F-138, T-153, F-155-7:
Nutrient Deficiency/Excess/Malabsorption Supplement Eff. & W. Tol

T-153	Chakras	Weak F/B	Related Organ(s)	Cause/Source
	1. Base	_____	_____	_____
	2. Sacral	_____	_____	_____
	3. Solar Plexus	_____	_____	_____
	4. Heart	_____	_____	_____
	5. Throat	_____	_____	_____
	6. Brow	_____	_____	_____
	7. Crown	_____	_____	_____

Page

T-158 Alarm Points (Weak) L/R Cause/Relationship Alarm Points (Weak) Cause/Relationship
F-159

Lung	_____	Conception V.	_____
Liver	_____	Circ.-Sex	_____
Gall Bladder	_____	Heart	_____
Lg. Intestines	_____	Stomach	_____
Spleen/Pancreas	_____	Triple Warmer	_____
Kidney	_____	Small Intestines	_____
		Bladder	_____
		Governing V.	_____

T-163 CMPs & Allergy Points
F-167

F-166	Hands	Left/Right	Cause/Relationship
1.	Lymphatic V.	_____	
2.	Lungs	_____	
3.	Large Intestines	_____	
4.	Nerve degeneration	_____	
5.	Circulation	_____	
6.	Allergy	_____	
7.	Organ & epithelial degeneration	_____	
8.	Endocrine glands	_____	
9.	Heart	_____	
10.	Small intestines	_____	

F-165	Feet	Left/Right	Cause/Relationship
1.	Spleen on left foot	_____	
	Pancreas on right	_____	
2.	Liver	_____	
3.	Joint degeneration	_____	
4.	Stomach	_____	
5.	Fibroid degeneration	_____	
6.	Skin & scars	_____	
7.	Fatty degeneration	_____	
8.	Gallbladder	_____	
9.	Kidney & urethra	_____	
10.	Bladder	_____	

Page

T-170 Emotions, Layer II. Male-right side. Female-left side.
Person/Other Front Emotion - Treat Y/N - Covert Back-Treat Y/N Cross-TestsTo Relates To

T-209 Jaw Points, Weak
F-211 Location Weak F/B Tooth No. or Jaw Cross Tests To Cause/Relationship
F-213

-215

Upper left	_____
Upper center	_____
Upper right	_____
Lower left	_____
Lower center	_____
Lower right	_____

T-220 Planes of Consciousness

F221 Plane	Cross Tests To	Cause/Relationship
Astral	_____	
Causal	_____	
Mental	_____	
Etheric	_____	
Soul	_____	

T-204 Toxins _____

Cleansing out: _____
Toxin Weak F/B Lt. Foot or Crown (Palm Down) or Crown Transmuted (Palm Up)

T-238 “Blocked=Weakness” Areas:

Page

	<u>Other</u>	<u>S/W</u>	<u>Toxin/Drain</u>	<u>Cross Tests To</u>	<u>Cause/Relationship</u>
T-239	Immune System Indicator – Interferon 30X				
T-239	“Core=Weakening”				
T-239	“Life Force=Weakening”				
T-240	<u>Atmospathic Stress: Yes/No Treat: Y/N Released out CC (Palm Up or Palm Down)</u>				
	EMF Stress:				
	Geopathic Stress:				
	Other:				
T-248	<u>Life Force Aphorisms:</u>	<u>Effective</u>		<u>Well Tolerated</u>	

Other Relevant Cross-Testing: _____

Other Testing: _____

This is caused by a lack of sufficient drainage — in the lymph system, in the blood, in organs.

This is caused by an emotional issue.

This is caused by a food intolerance.

This is the result of my body realigning.

Physical level.

Emotional level — unresolved emotions or feelings.

Mental level — thoughts/mental processes, something I'm reading.

Spiritual level.

Subconscious.

Nutrient imbalance.

Something I'm taking.

Something I'm saying.

Toxin.

Interference, outside influences.

Geopathic and atmospathic stresses.

Environment — home, people, air, clothes.

Going backwards, not forward.

Negative reactions to foods or other substances.

Cleansing too fast, insufficient drainage.

Realigning.

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